

SATSANG INSIGHT

By

SRI SRI RAVISHANKAR

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1. Sri Sri Ravishankar in today's Satsang, at Bangalore Ashram

After food and sleep, what kids are really looking for is attention. They will be playing at home, but the moment some guest comes, and the parents start talking to the guests the children will start making huge noise. At that time they have to draw the attention of the parents. To draw the attention, they will come up with the painting they have shown a millions times already. They want to show those paintings to the parents. Daddy, Daddy! Look here! Look at this painting. I did this, I did that, because the attention of the parents was somewhere else and children were unable to tolerate that, they want to draw the attention. So this hunger for attention is there in every child.

When mother starts giving attention to the younger children, then older kids do all types of tricks and tantrums, just to draw the attention of mother. So attention enlivens an object. Attention energizes the object or persons. You get another type of energy in attention and it carries on in our life. Students do a lot of things in the classroom just to gain the attention of either the teacher or other students.

I know when I was in school there was a person who used to faint. So when someone faints, everyone puts their attention there. So you feel good about it, it's only acting as if you are fainting. Really you are not fainting. So this type of wanting attention is ingrained in our system, just like food and sleep and as you grow older there is attention from husband and wife. So once you are married, then after some time, how long can you go on telling your husband or wife: "Oh you look very nice", "You look beautiful", "Honey, honey". That "Honey" becomes later on a sort of a bitter thing and wherever you already got attention the mind doesn't stay, it looks where you are not getting attention.

Sometimes when people give you too much attention also you are unable to take it, digest it, and handle it. This is also an issue. Many marriages break because of this, not because of some dispute, but because they feel stifled. Husband loves the wife so much, or wife loves the husband so much that they start policing each other. Then at time you feel it's so suffocating and it breaks up.

Similarly, with parents, if mother or father give too much attention to children. I have seen many kids coming here, saying: "I just want to get out of the parents (home). We love them, they are too good, but I can't stay with them" Why? They are unable to take the attention and digest it. It feels overwhelming and when everything else is okay, then you want attention from the public and you know what all people do.

The politicians and all the other type of things that happen around the world, want attention and when in the old age, people become even more miserable because they feel that they are not getting attention. They think, "Now that I have become old, nobody takes care of me, nobody asks for me, nobody talks to me".

This hunger for seeking attention remains until death. Liberation means getting rid of this

hunger. If we are contented, then we become liberated or free. As long as we continue to seek the attention of others, this hunger will not get satisfied. Until the hunger is gone, there is no contentment. If there is no contentment, there is no freedom. If there is no freedom, then there is no happiness. How can one be happy when a person who is stuck in bondage? How can one be blissful? There is no chance at all. That's why, we should first of all identify if whatever we are doing, are we doing it to seek the attention of others or not? We have to ask ourselves this question.

We should see that there is energy (Shakti) which is looking at us every day with 1000s of eyes. That is why this Shakti is called Virupaksh. One of the names of Lord Shiva is Virupaksh, which means the one who has eyes but no form, just like our mind.

Mind is seeing, listening, but does the mind have any form? There is no form. Whatever the eyes see, it is only the mind that perceives it. If the mind is elsewhere, then even if the eyes are open you don't perceive anything. When this realization - that there is somebody who is giving us attention and taking care of us all 24 hours, whether we like it or not and that they are our very own - dawns on us, then we see no meaning in seeking attention from others. There is no desire in seeking attention from others. This habit of seeking attention from others will appear very foolish and it disappears.

The maturity in life is when you don't crave for attention from anybody. When you don't crave for attention from others, then you are so fulfilled, then you are so centered and then you start becoming a giver. Till then we are beggars and want attention from people, but when we are centered and settled, then we say, "I am here to give. Come on; take what you want to take."

In one of the Advanced Courses, I asked, "What you want to become? You just think about an object that you would like to become". People came up with fantastic ideas. One person said, "I want to be a dining table, where everyone will come, eat, and go". Another person said, "I would like to be a doormat, which can clean the feet of the people." Someone else said, "I would like to be a cup, from which they sip the tea". So this knows your magnanimity; see you are magnanimous, you are much bigger than anybody can ever think about. You are much bigger than what you think about yourself, and you are here to give. That's it and when you don't want to take anything from anybody, everything comes to you, automatically. Do you see what I am saying? Just think about it.

When were you miserable? Not while you were giving, when you wanted attention, but even you don't realize it, because it's so subtle, the mind is like, "Oh look, they are not attending to me, they are not talking to me. They are not doing this thing to me. If they don't talk, never mind; it's good, you save so much energy. How many megawatts of energy - words have gone into your ears and have all disappeared. How many times you got compliments, what happened? All the compliments came and they all disappeared. Well, nobody wants to talk to you? You aren't happy? Can't you see this? Well, if no one wants to talk to you? Oh I am free, free like a bird. I want to spend the day happily and smiling and enjoy time to

myself.

We should not think that others are not loving us, if they are not loving us, then it is their stupidity. In this world, if someone does not love other then it's his/her stupidity. If one is settled, centered, contented, happy from within, then he can't but love! He/she will only emit love for everybody and if you are good then won't they not love you? Love is not an activity to do or not to do, love is our very existence and sometimes people reach the age of 70 years but their mind has not matured, is not contented, childish, you should feel compassion towards such people.

Even donkey gets maturity as he gets old. Some people are so engrossed in their work; they don't even look at themselves. They might be very successful in some fields, but they do not have any knowledge about life. They did not see life, not even themselves. What's the use? If you have lot of money, fame, it does not give you contentment or maturity in life.

Sometimes you might find maturity in just a constable, which you might not find in an officer also. A vegetable vendor might turn out to be knowledgeable, wise person, contented person. This is something different that is why I say that your life's status is not connected with your maturity. If maturity has to come in life then it might come at any level and it is not even so that if you reach certain age then you become mature, no.

Now a day, even youngsters are very mature. Just yesterday one young boy was telling me, 'Gurudev, my father has big industry and everything else, but I do not want to live life like him: uncontended life, you tell me what to do?' It means that at such young age he has got contentment. This does not mean that if you feel contented then you should not work, just be a couch potato. No, no, contentment does not mean that you become lazy and run away from work. I do not encourage such people at all. One should do work, but if you work with sense of contentment then it's happiness will be completely different.

The more you feel contented, the more you are successful also, your efforts prove fruitful. This is what one should remember and keep in mind: Contentment and without spirituality you will not find contentment. Until you sit for some time and are settled in your 'self' or 'atma', you will not find happiness or contentment. If you just do this for getting others' attention then you keep on doing it but you will only become unhappy.

You see closely into life of a celebrity or a politician, you will see that they are so sad from inside. If you are even little sensitive, you can make out just by looking at their faces that they are sad or unhappy. What is meaning of such life. Human being means this birth is given because we can overcome this sadness; this is 'yog', 'meditation'. Why to do all this, 'heyam dukham anagatam'. If you want to stop the misery even before it arises then you have to do 'yog', it does not mean only asana, it means 'meditation'. Connect & become one with the infinite.

Just like the air outside you is connected to the air inside of you, the mind inside you is

connected to the mind in the cosmos. The cosmos has a mind of its own. Just recognize - this little mind of mine is part of the one mind - gives enormous strength. It gives you such confidence. It gives you such satisfaction that nothing whatsoever can give. It gives you such immense dignity, strength. Words fail to describe what it is. You don't have to do anything, you only have to recognize.

Sometimes people place their spectacles on top of their head, and then they keep searching for their specs. The moment they remember that the specs are placed on top of their head, is there any delay between remembering and getting the specs? They got the specs the moment they remembered where the spec is kept. There is no delay of even a second. You only have to know that I am in the infinite mind and I am a part of it.

First you have to consider yourself as a part of it. Then, after sometime, you get the experience that I am not just a part of that but 'I am that'. Then you can proudly declare that I am everything, there is nothing else besides me. Then you have earned the right to say that, but before this, you must recognize that you are the part of that. Till the time that you are experiencing the limited mind, believe that this limited mind is a part of the infinite mind. 'Mano brahmeti vijayate' recognize that the mind is the Brahman. This is called a 'Mahavakya' or the great sentence.

Remember you are a living scintillating energy, light. You are the light! Lord Buddha said, "Appo Deepo Bhav". Know that you are the light. Today, when you go for dining, you must go thinking you are light. You will feel light also. You are the light! You are the fire! (May be even better). Light has many different spellings and different connotations. Know that you are the fire!

As long as you have life, you should live your life fully. What is this life of timidity? What can ever be done by a flickering flame? Nothing. With enthusiasm, you should move ahead in life like a raging fire. When you sit, sit like fire. Fire is only in the present moment. It burns all that was in the past. Whatever you put in the fire, it burns it all. Time should burn in the fire that is you. Wherever you go, people should get light. You are a fire that spreads joy. Remember this, and then you will see that no one will be able to do anything to you. People like to come and gather around such people.

All of you reflect whose companies do you like? Do you like the company of one who cries and complains is sad and depressed or do you like to be with one who is always remains untouched? You get a thousand opportunities in life to complain, but if we are the fire; we are bigger than all this, then we can kick all of these and move ahead in life. Don't people like to be with a person who is strong, a person who walks with the attitude - all this is nothing; I don't care?

If you are a bubble of happiness, wouldn't people love to come and be in your company? When you want nothing from anybody, you are here to give, then will everybody like you or not? (Audience: YES!) Sri Sri chuckles and says: Now, I know that you were listening. Don't

just remain like a spark, become the fire. Not a flickering flame, become a huge fire and there is nothing that you have to do in order to become this. You just have to recognize this right from this moment. Like how I said, you get your spectacles the moment you remember that they are on your head. If you thought till now that you are in Sri Lanka or Bhatinda, then the moment you remember that you are in Bangalore, you are in Bangalore. The moment you remember, you are in Bangalore. This is all that you have to do. This is called Sankhya Yoga. You don't have to do anything. You only have to wake up.

There are joys and sorrows in life. Who does not have sorrow? Didn't Shri Krishna have sorrow? The news about his birth brought caused his parents trouble. His parents were put in the jail. In spite of having a son like Krishna, didn't his parents face sorrow? In spite of having a son like Shri Ram, Dashrath (Ram's father) died with the sorrow of separation. Who does not face sorrow in life? But one who knows their Self, the one who walks on this path, will kick away the sorrow.

The ones who have a Guru in their life, they do not bend low (under the burden of sorrow), but walk fearlessly with their head held high.

2. Sri Sri Ravishankar in today's Satsang on 30-Sep-2015, at Bangalore Ashram

When two people are wrestling, and the spectators are watching the match, the spectators have joy on their face, they are clapping and laughing, but the wrestlers are sweating! They are tired and angry. In the same way when a game of cricket is on, the players don't seem to have a smile on their faces but the ones who are watching the game, watch it joyfully, clapping their hands.

I was just wondering that if each person just observes his or her own mind, as a witness, being only a witness to all the events in life, as if we are the spectators and not the players, then we will experience such peace in life. All around you there are events happening, some pleasant, some unpleasant. It's like when your team wins or when it loses, you are just a watching it like a spectator. Try it.

In the same way, in your body, something keeps happening. It hurts somewhere or it feels good somewhere else, be a witness to that too. I am the spectator, not the player; I am the seer not the scenery. If we attend to this, then the heat and the tiredness that is in the body will begin to calm down.

Why is there stress in the body? Desires cause the stress, which leads to tiredness and when we become a witness then the stress disappears. Do you know what entropy is? When the heat rises in the body the distortions also rise. Entropy is proportionate to orderliness that is what scientists say. If you observe in colder climates, the trees and plants grow in a very orderly way.

In the same way, when distortions come up in the mind, the heat in the body also increases. Without heat there cannot be anger. Of course, if the body gets too cold then it is trouble! I'm not talking about that. It should not be too cold, but with distortions, the heat rises and when the heat rises, then the orderliness, with which our organs function, is disturbed. So scientists call this entropy. When entropy decreases then the orderliness returns.

Now what happens when we meditate? The mind cools down. There is a word in Sanskrit, 'Sheetalashaya'. So the mind becomes so cool when we become a witness. When we become a witness, the mind cools down and when the mind cools down, we become a witness. So if you want orderliness, then the entropy should be low. According to them zero entropy results in total orderliness. Of course zero entropy does not mean zero heat. So look at all events as a spectator and also look at the body as a spectator. It takes some time, but when you keep observing, wherever there is heat, it starts cooling down slowly.

The more you become a witness to your body, the more joy dawns in life. There is a lot of depth in this. Keep remembering this from time to time. You don't have to get rid of anything. If desires or anger or greed or lust or jealousy rises up in you and if you try to get rid of them, then you become the player. You don't have to get rid of it nor should you get mixed up in it. Just be a witness to it, then as and when these feelings rise up, they will start calming down and the moment you calm down, then the tiredness in you goes away.

The Goddess Lakshmi is supposed to remove the tiredness of effort. This means that the purposed of wealth is to remove your tiredness, not just of the body but also of the mind, like greed and anger etc. If you are not able to get rid of all this then what is the use of wealth? It is stupid to make the wealth the cause of these distortions. Wealth can cause the distortions to increase but at the same time, the goal of wealth is to reduce the distortions. The medicine, which is supposed to cure our illness, if not taken properly or in the right quantity, can harm us, become the cause of diseases. So keep practicing being a witness. It is not going to happen in a day or two or ten days. You have to keep practicing it again and again.

3. Sri Sri Ravishankar in yesterday's Satsang on 22-Sep-15

"To express feelings, to form a relationship, you need a face. If there is face then a person is able to establish a relationship easily. Since the ancient times we call upon the Gods and Goddesses, through chanting of mantras, into pots (Kalash) of water or rice. This is the tradition.

In South India we do puja to Varalaxmi. I remember my grandmother used to do Puja to Varalaxmi and do a lot of preparations for that. She would fill the kalash with rice, keep a coconut on top of that and call upon the Goddess, but she would make a face on the kalash as well as the coconut. Then she would be satisfied that it is the Devi. You normally use pots every day, what relationships can you establish with a pot? But if you see a face on the pot,

then you can start a dialogue with it, even if it is in the mind, you establish a relationship.

In the same way, in Gauri Ganesh, you don't have an idol of her whole body, just the face on the kalash. Just the face on the pot will make you feel that you are connecting with the Gods. You get mental satisfaction. This is the mystery behind idol worship, invoking emotions.

The purpose of the Guru is also the same, to awaken emotions within us. The dormant energy in us is suddenly awakened. That is why it is said "Ishwaro Guru Atmeti Moorti Bheda Vibhagini". There are differences in the idols but in the tatva there is no difference. Whether put the face of Gauri or Ganesh or Varalaxmi, there is difference only in the faces not in the feelings. There is no difference in the feelings it is only in the expressions. Through different modes of expression, awaken the sleeping consciousness, the love trapped in inertia and faith. Once it is awakened it removes all this. We use help of the modes we do this.

For example, if there is a small container of ghee, we either have to bend our finger to get it or a spoon. The use of the spoon is only till the point that the ghee has been retrieved by it. In this way, the idols help in evoking these feelings within us. Mantra also does the same thing. Take the support of mantras and idols you can do this and then go beyond it into meditation. The idols and mantras are only guides to get into meditation. When we go into meditation then we realize who we truly are, 'So Hum', that there is no difference between us and that".

4. Sri Sri Ravishankar in yesterday's Satsang on 27 Aug 2015

"Reason and Faith"

- Reason is reeling in the known. Faith is moving in the unknown.
- Reason is repetition. Faith is exploration.
- Reason is routine. Faith is adventure.

They are completely opposite, yet an integral part of life.

Not having faith itself is misery; faith gives instant comfort. While reasoning keeps you sane and grounded, no miracle can happen without faith. Faith takes you beyond limitations. In faith you can transcend the laws of nature but it needs to be pure. Faith is beyond reason, yet you need to have faith in your own reasoning! (A sentence to be pondered on). Faith and reason cannot exist without each other. Every reason is based on some faith. Whenever reason or faith breaks, confusion and chaos prevail this is often a step for growth.

There are two types of faith. Faith out of fear, greed and insecurity; and faith born out of love like the faith between the mother and the child, the Master and disciple. Whereas the faith out of love cannot be broken, faith out of fear and greed is shaky.

An atheist bases himself on reason, and a believer on faith. A believer uses God as an insurance policy! He thinks he is special. In the eyes of God there is no "mine" and "others"; all are the same. An atheist rationalizes to keep his eyes shut to reality. Death shakes them both! When someone close dies, an atheist's eyes are opened, and a believer's faith cracks. Only a Yogi - a wise one - remains unshaken. For that person has transcended both reason and faith.

You need a balance between faith and reason.

5. Sri Sri Ravishankar in yesterday's Satsang

"Knowing truth about the present is possible only when the entire past appears as a dream. Only when you dismiss everything that has happened till this moment, will you understand the truth. Bhut Kaal (the past) is weighing down on our mind like a ghost. Till we get rid of this Bhut kaal (the past) we cannot attain Bhutnaath (Lord Shiva). To attain Lord Shiva (Bhutnath) you have to see the entire past as a dream. It is not that difficult to attain, it only requires a little awareness.

Have you seen that the animals like dogs or cats, they play in the mud, but when they get up they shake themselves off completely? Similarly, you may also play in the mud, but from time to time, get up, shake everything off and see everything with awareness, this is Shiva. Right now. Right here. Within me. We begin to gain awareness about it.

People say that nothing appears interesting anymore. In order to make it interesting, stand up and shake off everything. Now what will you shake off? All that events from the past that occupy the mind, whether they are good or bad, be it the friends or foes, all these have taken residence in your mind. You have rented out your mind to these things and the tenant that is occupying your mind, doesn't even pay any rent to you! It's a deal full of loss. You have rented out your mind and intellect to the tenet of the past from whom you get nothing.

At some point, you have to tell that this is your house, otherwise the tenants take over. Then you don't even know who's the master of the house is anymore. The past will say – I have been living in this house for 30 years, who are you? This is what is happening. For 30, 40 or 50 years the tenants is living there and you forget that it's actually your house and you are standing on the road, upset!

Sometime or the other, shake off everything and stand up, even it is for a couple of moments, for 2-4 minutes. When this awakening comes that all this is a dream, everything that has happened till today is a dream, whether good or bad, all of it is a dream and whatever is to happen in future, will happen. It's not moving ahead and repeating to yourself – it's a dream, it's a dream. No, sometimes you will get slapped also, and then you will not feel it's a dream. When you are hungry, you don't feel that it's a dream, it feels like reality.

There is something that is true in this world and there is something that is true beyond this world too. That principle which is beyond this world is the actual truth. It is beyond time – past, present and future. It is constant. Therefore you should take off the wheel of time, so that the clouded consciousness is infused with the new energy.

Like when the ash accumulates on burning ambers, you don't know if they are burning, but if you blow off that ash, the ambers begin to burn again. It does not matter if the ash is accumulated again, it does not matter, and you should learn to clean it again from time to time. It is necessary to keep blowing the dust that has settled, so that our consciousness does not get buried. Only this much is Sadhana.

What is Sadhana? It does not mean living in another world. It means walking on this earth and working here, but in between we have to keep waking up with awareness to the ultimate reality. If it keeps happening in between, then the life becomes very beautiful. Not just for you, but for others as well. You will have such a positive energy. This is the only way to get positive energy”.

6. Sri Sri Ravishankar in yesterday's Satsang

“Today we celebrated as Ganesh Chaturthi all over India. See in life when you do anything you face some obstacles. That too if you do something good you face more obstacles, but if you want to blame someone there will be no obstacle. If you want to go and do some wrong things there won't be many obstacles, there may be some obstacle there also, I have no experience! But when people want to do something good, I know there will be many hurdles that come on the way.

Now it's through knowledge that you can make hurdle to your advantage. You can make crisis as a stepping-stone to move further. Obstacles can be seen as an impediment for progress or as a catalyst for moving further, as a stepping-stone for a higher goal, achievement and how can you turn crisis into an advantage? Only through knowledge, only through wisdom. It's the wisdom gives you courage, confidence, ideas and energy to take on any crisis, any obstacle and Ganapathi is nothing but an embodiment of wisdom and He comes with Siddhi and Buddhi, He comes with sharp intellect and perfection.

Siddhi means perfection, Buddhi means intellectual height, intellectual ability. If you turn around and see, all that we use in our life is product of Buddhi and Siddhi. If it was not for intellect, there could not have been any electricity, there could not have been computers, there could never have been internet and everything that we use in our day to day life for our comforts are all products of Buddhi and every time a new model comes, it is a product of Siddhi! Because in Buddhi you achieved something and in Siddhi you keep perfecting it.

Before the landline was there that was through Buddhi, but then Siddhi came and it became cellphone. So how landline turned into cellphone, the landline was perfected and it became

Siddhi. Like that, Buddhi comes up with thoughts and Siddhi starts manifesting it. Usually people think Siddhi is miracles happening. Of course, miracle means something extraordinary that happens with perfection. Unthinkable perfection, unthinkable happenings are called Siddhis. Few decades ago, cellphone was unthinkable! Biometric system was thought to be some sort of magic, not reality.

Today you know, there are biometric locks. Only when a particular person puts his thumbprint, the door will open. This is biometrics. Even cellphones are locked with your thumbprint. Bioenergy, how your cellphone can recognize you have a particular energy in your body, you must be foolish not to recognize there are so many such Divine energies all around.

Even if you don't want to say Divine, there are so many different patterns of energy in the Universe. Your cellphones are locked with your thumbprint, your bioenergy. Someone else puts their thumb to open your cellphone, does it open? No, they have the same size thumb, but it doesn't open why? The energy, the diagram is different. Then this minute perfection is present in creation, it is only foolish not to believe that there are different patterns of energy with different names which is beneath the happenings of the Universe and Ganapathi is that energy is that aspect of Divinity that removes obstacles and gives perfection in life.

Imperfection in your intellect is called dullness, dumbness. Imperfection in emotion is called misery. Emotionally you have ups and downs, you are disturbed, that is emotional imperfection and Siddhi is bringing intellectual perfection and emotional perfection, both and if you stretch it a little further, perfection in action, what is perfect in action is that which brings result. Many do action but result is not there, that is imperfect action. If there is no gap between intent and achievement then that is called perfect action and Siddhi is gaining that perfect action or result of the action.

When achievement and intent are the same that is Siddhi. When intellect and intent coincide that is Buddhi. So Ganapathy is that force that brings in our life both Buddhi and Siddhi. So from time immemorial ganapthy has been adored, not just in India. You can find Ganapthy in Peru, in Scandinavia, all over the world, when they dug the ancient sites they found the Ganapathy there. In Mexico, they found Ganapathi. So at one point of time, all over the world, this system has been prevalent, but as Lord Krishna said in a time cycle, the knowledge gets lost; it shrinks to a smaller global space, but then again it gets revived time and again. Now the time has come for this wisdom, this knowledge, the perfection in life to manifest again. To just a few people enjoying the wisdom, it now has to knock on every door of the heart of every individual".

7. Sri Sri Ravishankar in yesterday's Satsang on 11-Oct-2015

"The day before Navaratri begins, that day is dedicated to ancestors. Actually these fifteen days, from last full moon to this new moon are the fifteen days dedicated to ancestors, people who have gone across, left this planet. So these fifteen days we have specially marked in remembrance of those who have gone and if one cannot do any of these fifteen days, they definitely remember them tomorrow, the Samavasya day. Remember them, show them our gratitude. Young, old, whoever has gone, we give them our wishes so that they can move further in their journey in the other dimension and ask them to give blessing to us here.

Usually what they do, the son or the daughter, the family, relatives, they take few sesame seeds with that they pour some water, remembering their name, saying three times – "Be content, be content, be content. If you have any desires in your consciousness, drop them, they are like sesame seeds. We will take care of these things, you move on". This is what is the message to the people who move on to the other side, if they are still stuck with some desires and you meditate.

Tomorrow your meditation is dedicated to your ancestors and we do festivities, festival actually begins tomorrow. Remembering the ancestors, the festivities begin. Then you have good food and everything. Food is important! Even those who fast during Navaratri, should not fast tomorrow. Fasting is not necessary. If your body is used to it or you have been doing it for a long time, you can do it, but you can take some water. Don't fast without water, don't fast without anything. At least have some fruits or something".

"Navratri is that time of the year that is rich with colors, tradition, songs and dance. It is also a very sacred time, especially for a spiritual seeker. It is a time when we withdraw from the world of senses and rest through spiritual techniques to uncover the potential for greater bliss, joy and enthusiasm in our lives.

This movement from the outer to the inner can happen effortlessly only when the quality of Sattva rises in us and fasting is one of the ways to increase the Sattva level in us".

"That which is neither male nor female, which is nothing but a Tatva, by which everything is made, is called Brahman and when that Brahman becomes personal, it is called Shiva Tatva – the innocent divinity that is in everything.

"Just as the nature celebrates when spring comes, the Spirit celebrates when Navaratri comes".

8. Sri Sri Ravishankar in today's Satsang on the 5th Day of Navratri!

"Close your eyes for a minute and then look at your own mind. Does your mind have eyes, ears, nose, mouth or anything? No, it doesn't have, but mind is there, but it does not have eyes, nose or anything. Now just put your attention on your mind which is just energy. You may open your eyes. You see the mind has got no eyes, no nose, no mouth, nothing, but when the consciousness is like a pillar in your body. This is knowledge. When knowledge awakens inside you, your consciousness becomes like a pillar. One a solid energy around you, like a pillar".

"Padmasan is the lotus pose, which means, as light as lotus. Your body should feel like a flower. As our consciousness gets uplifted, moves upwards, our body feels like a flower and a fully blossomed flower, but you should not try hard (to imagine) Dharana should be taken only for 5 seconds and then drop it. That is Dharana. "Deshbandhu Chitasya Dharana" – in one spot, you take one idea and then you let go. You are not trying, is it a white lotus or a red lotus, how big is it, all this becomes imagination.

There is a difference between an imagination and an intention. Intention is just intention, just a lotus, that's it. So as energy keeps moving up, you will find each part your body becoming lighter and starts blossoming. It's amazingly scientific! Now the energy is like a pillar, that is knowledge and in Bhakti or devotion, what is happening? The energy is like a ball. Our consciousness is like a ball, it bends down. "Aha" is bending down.

In all the traditions of the world, the moment you say devotion, the moment you say love, there is something that is bending in the consciousness. Why do you bend? When the body bends, the consciousness also bends, like a sphere. When you bend then what happens? The energy is like a ball. That is love. So love makes you bend and knowledge makes you upright and straight. Life is a combination of both these and one follows the other. Bowing down is a sign of completion, fullness. Whether your body bends or not is secondary but when the mind completely bends and becomes a ball, the mind gets back to itself".

"So when the pillar of energy is broken, that is when you don't feel good, you will something in the heart, stomach, head region. When energy is complete, then you have confidence, you feel good. When there is a dent in the energy, somewhere you don't feel good".

"Durga has nine names, first we call Shailaputri, and Shaila means the peak. How they have called Durga as the daughter of the peak, this is very interesting. When the energy is it peak only then you can notice recognize, understand the pure consciousness, the Devi before that you cannot understand because its born out of the peak, Peak of any experience, any peak. If you are hundred percent angry then that anger, see how it consumes your whole body, 100 percent anything that consumes your whole being that is when Durga is really born.

Second is Brahmacharini, means present in the vastness, moving in the vastness, in the

infinity Brahma means infinity that encompasses everything. Moving in infinity is second name. You cannot say I know it because it is infinite, the moment you know it, it becomes finite and you cannot say I don't know it because it there, How can you not know? Can you say I don't know my hand? Your hand is right there. So it is there so you know it, and it is infinite so you don't know it. You know it and you don't know it, together, is you confused enough? Laughter. So That's why if someone asked you, you have to keep quiet, people who know it just keep quiet because if I say I don't know I am totally wrong, if I say I know then I am limiting that knowing through word through intellect.

Do you see what I am saying, because it is infinity, infinity cannot be comprehended or contained. Knowing means containing. Can you contain infinity; if you contain it is no more infinity. So it is infinity, so Brahmacharini is one who is present in the infinity, moving in the infinity. Not stagnant but moving in the infinity. This is very important thing to say, one is movement another is presence.

Brahamacharya means not keeping in small things not indulging in part but in the whole. Celibacy is also called Brahamacharya because in that you are dealing in the whole not in parts. Whereas lust is in parts, lust is only localized movement of consciousness so Brahmacharini is the consciousness which is all pervading.

Third name is Chandraghanta. Usually we fight with our own mind, all negative thoughts come in our mind, jealousy comes hatred comes and you start struggling to get rid of them and clean your mind I am telling you it's not going to happen. You cannot get rid of your mind. The other day somebody sent a SMS of a small child first time discovers its own shadow and she is so scared and she keeps running screaming and the light comes on the back side so the shadow falls in the front.

Now she don't know where to go, she saw a shadow in the back and now she sees it in the front and she falls down, she says I am helpless. So you cannot run away from your own mind. Wherever you run, you run to Himalayas your mind will run with you, it's like your shadow and you are troubled mostly by your own mind its getting troubled by your own shadow like that little girl. Scared of one's own mind one's own shadow and you try to wash this, do this that everything works for a little while and then back to square one. How many of you agree with all this note.

Of course Pranayama, Kriya everything is a very big help to get rid of, but still the mind comes, and when that mind is accepted like a sound of a bell, sound of a bell is one it cannot be many. It can only make one sound like that one sound in the mind amidst all the shadows, all the chaos gives rise to the divine Shakti and that is the Chandraghanta, and her name is the bell and the moon.

The fourth is the pumpkin, the fourth name of mother divine is Kushmanda, and Kushmanda means what, pumpkin. You call anyone you are pumpkin that's it, you had it but divine has a different connotation, you can call it pumpkin. What is pumpkin? Pumpkin has the unique

quality of absorbing prana and radiating prana, its most pranic vegetable on the planet, in India the people when they find pumpkin they used to give the pumpkin to Brahmins, or the intellectuals in villages they used to do that means its fit for them because they work more on brain.

Also in Ayurveda there is something called as Kusmandya Rasayana For brain tonic they made out of pumpkin, they make a paste, Rasayana, a game in which the main ingredient is the pumpkin and that's called Kusmandya Rasayana.

So if your brain is being used a lot Kusmandya Rasayana is for you. I don't know do we use it here; do we have it in Sri Sri Ayurveda? We have Pumpkin has lot of prana; the cosmic Sphere is called Kushmanda where small and big exist together. 'Ku' means small 'ish' means energy and means cosmic globe, from the small to the vast cosmic egg of the universe the energy is existing, from the big it becomes small from the small it becomes big from the seed it becomes huge and from the fruit it becomes seed again, like that the energy our consciousness has this unique quality of being the smaller than the smallest and bigger than the biggest that is explained by Khusmanda.

Pumpkin grows on a very thin creeper, isn't it and such a big fruit. So there is a story, I don't know whether you have heard this. A gentle man was walking around, he was tired, he saw a big banyan tree, he was resting their a little distance from him he saw in this thin creeper a big pumpkin was there and he looked up there are little fruits of banyan tree. This man said what God should have some brains, this big tree, he should have given that big pumpkin in the big tree and this thin wine has such big fruit, he doesn't seem to have brains, he was thinking like this and then he just slipped into a sleep there, you know when people think a lot on a hot sunny day they fall asleep. So unnecessary things they think and they fall asleep, he fell asleep and at that time one fruit fell on his head from the tree, one little fruit, he just shook you know when it falls from the height it really hurts. So he woke up and said oh no God has brains, if it was pumpkin that was fallen on my head what would have happened. So God knows what to do where to keep what to keep. So he prayed and thanked and left the prayer turns you into a pumpkin, Kushmanda, full of energy and is spherical the whole universe is a huge cosmic egg, cosmic pumpkin. The people who are vegetarian they don't like to call egg so we call it pumpkin.

So Kushmanda is the fourth name of mother divine, another five is there, that we will take it up next time".

9. Sri Sri Ravishankar in yesterday's Satsang on 18-Oct-2015

"The world we know is very little and what we don't know is huge, enormous, and humongous. So connection to the subtle existence is what all these yagnas are all about. Invoking the subtle divinity. Like in this planet we have such diverse flora and fauna.

Just take for example, rice. There is not one type of rice. Right in this region there are 150 types of rice. Just in this region. So if you the amount of diversity in the world, it is mind boggling, it is amazing! So the manifest world has such diversity, you think the unmanifest world doesn't have diversity? It does. It does. The diverse world of unmanifest is what is invoked in this Durga Homa, this connection to the subtle world, from the where gross is controlled. The cause of the gross is the subtle and this is an action in the subtle".

"The Nava Durga has nine different names. The fifth one is Skandamata. Skandamata is the Divinity that brings forth practical knowledge, that which puts the knowledge in action and then Katyayani, Katyayani is the energy or the Shakti from the unknown, which is born out of the anger of the good.

There is good anger and a bad anger. Good anger is with wisdom, bad anger is with emotions, with selfishness. Anger of the wise is also beneficial, benevolent, whereas the love of an ignorant can be harmful. So Katyayani is a form of anger that destroys all types of negativities and then Kalaratri the name of the most ferocious, fearsome form of the mother. It's this Durga that causes all the furies in the nature. Nature has fury.

Somewhere earthquake, somewhere floods, somewhere tsunami, all this is the power of the mother Kalaratri. So whenever people foresee such fury coming to the planet, they pray to the Divinity in all these nine forms. Maha Gauri, the eighth form is so beautiful, most beautiful! Most soft, beautiful, totally kind-hearted and giving blessing to everybody. It's that form which gives all the wishes and then

Siddhidhatri, the ninth form, is bringing Siddhis or perfection in life. Perfection is, before the thought arises, the work is done, that is perfection. You want something and it is already there. Before the want arises you have everything already that is Siddhidhatri. These are the nine forms of the Mother Divine, that are invoked and where are the Goddesses? Are they forms? Yes, but in a subtle way, subtle forms. It's not the material but ethereal, beyond the space and for that the first step is to sit in meditation.

In meditation you experience the space. That's what Buddha said, 'You are simply talking about Goddesses, just sit and meditate. Don't worry about God. Get into the space of emptiness, your space. Once you get there, then is the next step where you see all different energies, mantras, they become active.

In Buddhism also they worship all these Devis, but first meditation is essential. So if you are meditating then all these yagnas, pujas, they have more effect. Otherwise it is not so much. Otherwise it is like, you have opened the tap and you are keeping the glass elsewhere, not underneath the tap! So water is flowing, but you are keeping your cup empty. Or you are holding your cup upside down. After 10 mins you take it out and there is no water! Because you are not holding it correctly.

All the poojas start with meditation and this is a technology from thousands of years ago,

when they did all this to invoke, enliven all these diverse principles of the holy spirit. There is one spirit within us, that Spirit has many diversities with many names, many subtle forms and that's what Navaratri all about, adoring, invoking, enlivening all these principles on this planet".

"There are four levels of speech. The one we are speaking is Vaikari. There is a Veda mantra – "Chatvari vak parimita padani tani vidur brahmana ye manishinah. Guha trini nihita nengayanti turiyam vacho manusha vadanti".

There are four types of speech, which the wise ones know intelligent ones know. Three types of speech are hidden in the heart of man. Only one is that which people speak, but the other three are hidden in the cave of one's heart, this is the meaning of it. Now I want you to experience this. The fourth level, Turiyam, is connected with the breath. You can't speak if there is no breath. So if you say "aaa" it ends somewhere. The moment the breath is out, the sound ended, the words cannot go any further, the sound ends. This is Turiya, the fourth state.

Now, Madhyama is one step behind. Now mentally you say "aa". You can say it forever! No end. This is Madhyama. Madhyama is from the level of feelings. This is the speech which we really communicate with plants, animals, all other species in the world. It doesn't require language; it is beyond language and eternal, continuous.

There are two aspects. One is that the sound never ends, i.e., the words have disappeared, because each sound when it ends, then the other can start. If "aa" ends then "gaa" or "ee" can start, but if the first sound doesn't end, then it can take you to another level. From subtle feeling level we communicate. This is the second level and then there is a third level, that is Pashyanti, where not even feeling is there, but you see. It's beyond feeling, but it is just there. How to explain this now? That communication needs no words, no space, and no time and from this level, Pashyanti level, all the vedic chants were downloaded. One, who gets into the Pashyanti level or the seeing level, is called Rishis. The Rishis downloaded from this level.

Recognizing, that is Pashyanti, you just see and then Para, nothing can be said about it, because you are not there at all! You are not there because there is no difference between the Universe and you. There is no one to communicate with, but simply knowledge exists. From where everything starts, that is Para level, which cannot be said, understood or explained. So from Para all the levels have come but all the four are in the heart of human beings. From the heart you can experience these".

10. Sri Sri Ravishankar in yesterday's Satsang

"It's a completely different world right? Very good. Just for a moment imagine, just remove yourself from the world and see everything in this world is happening and it will continue to happen. Some good, some bad, some right, some wrong. Which appear to be right now but then becomes wrong? Some appear to be wrong and then becomes right, but the whole Universe is continuing, with you or without you. Isn't it?

You just have to imagine, the whole world, everything is happening. Just remove yourself from it. Everything is happening. Put yourself back, everything is happening! This little intellect which thinks it knows everything, it does everything, but the space around that is much more intelligent than this little one. This is what we forget. The Brahman, the Divinity is all around us. The space has enormous intelligence and because of the enormous intelligence there, everything is running, of that was not present, and then nothing in the world can function!

See the flowers are blossoming, the birds are chirping, whole universe has its own orderliness, its own arrangements. This whole arrangement cannot happen unless there is intelligence (pointing to the arrangements for pujas and Satsang)! So in this whole Universe, nothing happens without intelligence.

When you believe in your little intelligence, because I have a brilliant mind, I am intelligent, so I can make this happen, but that space which is around this little intelligence has enormous potential and is much more intelligent! And that is most fascinating thing. Even when you just sit and think your mind goes 'Wah! Wah! Wah!' saying something. Then you say, 'Hey come on, you shut up!

The big mind which is all around me is much more intelligent and it will take care'. Let the massive intelligence function. Allow it, I mean, it anyway functions! You cannot stop it, but you're recognizing it makes a difference. What difference does it make? It makes you happy and that's the real cool thing! It's really a cool thing. The thing is to recognize that there is a greater intelligence and it is like an ocean, an unseen ocean, and that is what is called 'Saras'. 'Saras' means an ocean.

'Saraswati' means containing the ocean of intelligence. So our tradition of Masters, they had the name Saraswati Shankarcharya, after Shankarcharya all the other Swamis who came, brilliant swamis were all called Saraswati, but today, many people keep that name (laughter) but then the title is given. Even today, the government when it gives big honors to artists or scientists, they all have Sharada or Saraswati in it. Saraswati means containing or recognizing the infinite ocean. So the infinite ocean is present all over and if you recognize that, then you become that Saraswati.

You need all the three aspects – Meditation, Music and Knowledge. Book for knowledge, the instrument is for music and there is a bead, because you cannot represent meditation,

beads or rosary is the easiest way to say that someone is meditating or inward. So you are inward and you are balanced with left and right brain. Then that is Saraswati. Then you have access card!"

Now we will take Question and Answer

- ❖ How can Brahmacharini, the one who pervades in the Brahman and Kalaratri (the terrifying form), be both the Devi?

Sri Sri: Yes, this is it. It is all possible. Mother Divine is more beautiful than the most beautiful and is the terrifying Kalaratri too. She is both, and it happens. A mother doesn't always deal in the same way. When a child misbehaves, then the mother scolds, doesn't she? We have all grown by her scolding! There is not one person who has not been scolded by their mother, not had their ears pulled by her. This form is also there but in that too there is good. That is why Goddess Kali, in her form, is standing on top of Shiva. This means that the basis of Kali is good.

Now see, if a building has become old, don't you break it down and make a new one and you are breaking the building down only to bring up a new building. If someone says, 'No don't break down the wall, it will anyway one day fall on top you', then that is not intelligent! If you go to Old Delhi, there are so many building that look like they are going to fall down any moment. That is why know that even when there is destruction, it is only for something new. It is strange but true. Now, if a plant is going out of control, don't you trim it? A gardener will trim the branches so that new leaves can grow from it. This is how life is.

"In Sadhana or in life, comparing yourself with others should not be done. If you cannot do it at all, then at least reduce it, because this is like the medicine for mind and it keeps that mind centered. 'I am sitting at the back and he/she is sitting in the front' or 'He/she got a garland and I did not'. Leave all this!

I gave a garland to one representative from every trust like Sri Sri University trust, where we have just started a new course on Osteopathy. This is going to be very good. So a representative from every trust was garlanded but some thought 'Oh he was given a garland and I was not'. I know that is going on in your mind! A garland is just a symbol and you should not fight because of that. We should not get into these symbolic things. You enjoyed everything but if a guard stops you from entering somewhere, you get sad because of it. You should understand that they have the most difficult jobs!

They understand that some people get emotional and try to enter places where they are not allowed to go, just to get some blessings. Blessings are in abundance, wherever you are, you will get home delivery of blessings!

Even those who did not come, just remembering the celebrations here itself will get them the blessings. Just remembering is enough. Touching the Guru's feet is not necessary, just

remembering is enough to make the Master content. This you should remember.

There are roses and there is Jasmine. When everything is good, and then sees me as jasmine. There are no thorns on Jasmine and when you feel the thorns, then see me as a rose". Don't leave the rose because of the thorns! Even the thorns have purpose, else the rose cannot exist! So a rose cannot exist without thorns. If you keep looking only at the thorns then you will lose the beauty of the rose. If you go to garden, and look at only the thorns without enjoying the flower, then you will become unhappy.

You have experienced so much joy here but if your room partner snores too much or the person sitting next to you is coughing and not letting you meditate, then it goes for a toss. Small things are enough to make the mind lose its center. Just become aware of it, and then you will win over it. So there is beauty in every person. Look at that, not the thorn; look at the flower, this is important to understand.

Nobody is less or more, just do your Seva. Increase the size of your asking bowl. There is no dearth of grace, there is a shower of blessings, but you have upturned your bowl. Make it straight and make your bowl bigger, then there will be no lack of anything. If you come with a small container and ask for 10 liters of milk, how is it possible to get? So you get everything, at the right time' and you will keep getting according to the size of your bowl. Have this faith and keep moving ahead in life.

We have to make the whole world like this, awaken the Devi Shakti everywhere. We conducted 40 pujas across the nation, 2 in Nepal and in Mauritius and it is happening in all our Ashrams. This is good, those who cannot attend the pujas here, can do this where they are. Now even through television, the pujas and homas have reached you. A devotee from Germany called and said that he had an experience of the pujas as if he were here!"

11. Gurudev Sri Sri Ravishankar in yesterday's Satsang on 23-Oct-2015

"When you do these Poojas and Yagnas, then unseen starts coming forth. The unseen is the energy in the subtle world and when it comes up then it is useful in our lives. Like when we water the plants, the water goes down below the earth, which then gets absorbed by the roots, bearing fruits, flowers and leaves above. You don't give water to the plants directly; you give it to the roots. You pour water somewhere else and the fruits are borne somewhere else.

In the same way, when we get success in life, the root cause is some good deed that we have done some time in the past. Whether it is in this lifetime or some past lifetime. So when we do any good deed, it gives us benefit sometime in the future. This is the law of nature and there are different types of happiness and the happiness that emerges from deep within that is achieved from this and that is what is called Satsang. Just see how everyone is so joyful since past 10 days. This is because of the emergence of the unseen. It erases all

worries and brings success at every step. This is a special science since ancient times, in India. We have been following the tradition of 16 Samskaras (purifying ceremonies marking major events in life). With every Samskara you establish a relationship with the subtle, unseen world. Be it marriage or getting a new house, in all these you establish a relation with the subtle world”.

Now we will take Question and Answer

- ❖ After meditation I don't remember anything. What do I do?

Sri Sri: But you feel good after that right? Then it's ok. It's good to forget things for a while. People try different things to forget everything! You know what they do? To everything people take the refuge of a bottle or take the refuge of God. Well, I don't know about the other (laughter), but it's good to forget everything for a little while.

- ❖ How do you evaluate yourself on this path?

Sri Sri: Are you confident? Are you happy more and more? Is your intuition working better than before? Do worries come and immediately vanish? Worries do come, but they come and they go very quickly, right? That's good progress.

- ❖ I am not able to be centered all the time. What do I do?

Sri Sri: Forget about being centered all the time. So what if you get shaky, come back to your center again. Even Shri Rama, even after receiving the knowledge of the Yoga Vasishtha, lost his centeredness when Sita got kidnapped. He went around asking the trees, if they had seen Sita! But then he regained his centeredness. Even Lord Krishna lost his cool, when Bhishma refused to listen to him. He had sworn that he would not lift any weapons, but he did and broke his promise. It is ok to be like that for moment, but if you then come back to your center after that, then it is enough.

- ❖ I feel like I have come very close to God and I have stopped. I don't know what is happening to me?

Sri Sri: That is alright. At least you didn't stop when you were far away, you stopped when you were close to God! And you have to stop. If you are still running when you come close to God, then what is the point? This is a good sign.

- ❖ Why do my parents have to suffer for my karmas?

Sri Sri: Well, all who are connected to you will be affected. Imagine you are driving a car, and it overturns, then won't every person who is in the car with you, get hurt? Every person's karma is not limited to that person alone. If a mother, who is cooking food at home, puts extra salt in the food, then will not everyone at home suffer the consequences? Her karma will affect all. Of course, if she cooks well, then everyone will enjoy the fruits of that too!

- ❖ My mother is suffering from cancer, please make her better.

Sri Sri: Ok, don't worry. You take her to the doctor at our Ayurveda hospital. Here we have some very good new packages. A lot of people have benefitted a lot from it. Since so many people benefitted, we had to open a new department for Cancer in our hospital here and we have packages here to control the disease. We have very good treatments for varicose vein and other diseases.

- ❖ How do stop the slaughtering of cows without politicizing it too much?

Sri Sri: The world is turning towards vegetarianism and in this country unhealthy food habits are still at large. So we need to create more awareness on this, that's all.

- ❖ I get attracted to things very easily and get confused in the process. What do I do?

Sri Sri: Listen to your elders then, your parents. Another name for teenage is confusion. It has to be there and from that confusion comes, chaos and from chaos comes bliss later on.

- ❖ Many times people force their ways on others. How do you sensitize people not to do that?

Sri Sri: Correct, that is civilized behavior. We need to teach civilized behavior to people in many ways. Forcing will not help. Nobody should force anything on anybody. Persuasion must be there. It should be persuasion not force. Forcing doesn't work usually, but you know sometimes like in Singapore. Singapore has very strict laws against drugs. When they put such strict laws against drugs, you hardly find people using it there.

In this country, in the name of not forcing it on young people, I'm giving drug as an example, what has happened in Punjab is that 70% of youth are suffering today. So if the ban, either for corruption or for drugs, had taken place in a very strict manner, like in Singapore, Punjab would never be in the state that it is in today. So, you cannot be too strict or too loose. You always need to go on the middle path.

The middle path is the most difficult thing and that awareness one needs to create. What is good for people is the middle path. Not giving too much freedom, at the same time not suffocating or restricting you. That people don't know. Either they go to two extremes, in this country or anywhere else in the world. Either liberalism to its extreme is hopeless or in the same way freedom is curtailed. Like women not being allowed to drive, or exercise their way of living. This is wrong.

In the world we find people in extremes very easily. It's very easy to swing to extremes. So you can go to this extreme and try to ban everything or you go to the other extreme and say everybody can do everything and then what happens is there is chaos and there is injustice.

This country had 120 crore of cattle when it became free, and there were 30 crore human beings. Today the proportion is reversed. We are 120 crore human beings and we have only 20 crore animals. Only 20 crore animals! Somewhere if you don't put a ban, milk will only be there in the newspapers and books!

You know, when I went to Cuba what I discovered? In Cuba, if you slaughter a cow you are fined \$1000 which is too big an amount for them there is a ban because they know it is a small island, they need to protect that animal. You would find all the endangered animals on the planet disappear if a certain ban is not brought. So it is very necessary at times, to identify the species which are endangered, and protect them, and a ban is needed there, legal ban is essential.

One gentleman came to me in Paris. This man lives in a ship. He was a billionaire. What he did is, he put all his money to save the whales in the ocean. Whales are a very big business. So he would park his ship in the ocean and fought with big governments of the world to save whales. His life was under threat, people were threatening his life and he has made it his life's mission to save whales. He himself was a whaler, he used to catch them and one day, he said, he looked into the eyes of a whale and he got a message from the whale saying, 'Why are you killing me to fill your little belly?'

He said that, that one incident before he shot the whale, he looked at the whale, he wrote a book too and making a documentary on this, how the Dolphins and the whales, the whales especially, they are like human beings. They are being killed! And he is struggling with the international community to bring a ban on it. So we need a ban on endangered species, it is necessary.

Animal rights have to be protected. At the same time I would say, if somebody killed an animal, people cannot go and lynch somebody or kill somebody. That is absolutely wrong. We should never allow such things to happen in this country or anywhere else in this world.

12. Sri Sri Ravishankar in yesterday's Satsang on 25-Oct-2015

"Everywhere there will be Havan and Homas happening. When we meditate and listen to the chant that is where the vibrations are different. If you want and test and experiment in different places. In our country, there is no lack of Homa and Havan, they happen everywhere, but where does this sort of experience exist? I am not saying because I am here doing it, but have you experienced this anywhere else? Why does the difference exist? Because people participate in a meditative state. When you do this meditatively, then you get the benefits".

When will you be happy?

Joy is found only in the present moment. Yet usually we find the mind swinging back and forth between the past and the future. We feel regretful or angry about something that has happened to us, or we worry about the way things will turn out.

Observe your mind. See how much time it spends on yesterday, last year, when you were a child. Yet the past is past. It is gone, finished. Why waste so much life in it? It's the same with worry about tomorrow. When you were in school you were anxious about what to do after graduation. When you started your career you worried, will I ever reach my goals? You think I'll be happy when I get a house. I'll be happy when I'm married. When you get married you think I'll be happier when we have children. When you have kids you think I'll be happy when they are all on their own and I can have some peace.

You postpone your happiness until some perfect future date, but it never arrives.

Be in the present. If you are happy now, the past will not torment you. If you live life now, tomorrow will take care of itself. This is the Art of Living.

13. Sri Sri Ravishankar in Satsang on 25-Jan-2016 at Bangalore Ashram

- ❖ Today the Government of India has announced your name for the Padma Vibhushan Award. How do you feel?

Sri Sri: I welcome it and respect the Government's and the people's decision and I accept the award.

- ❖ What is the importance of prayers?

Sri Sri: You cannot decide and pray. Prayer is a spontaneous happening. When does prayer happen? When you are desperate and when all doors are shut. Then there is a cry from within. That is prayer and another situation when prayer happens is when after all your

effort nothing happens and then suddenly you get what ask for, then you feel so grateful. So prayer happens when you are so grateful or when you are desperate. In these two situations prayer happens to you spontaneously.

The third situation, if you want to say, this is through knowledge, with a sense of wow, becoming aware of the whole creation in its magnanimity, its diversity, when these things boggle your mind, when you become aware of the whole creation or any one incident that is mind boggling, at that moment prayer is happening to you. So if you are intelligent you will take every opportunity to feel grateful and when you are grateful you are already in a state of prayer!

- ❖ When we are all made up of the same consciousness, why are some enlightened and some are not?

Sri Sri: Because we are stuck to some little things. We are stuck to people's opinion about us; we are stuck to objects or situations which are anyway going to change. So we lost the track, the vision of the broadness, the vastness of existence and we are stuck to some small thing then it clouds our mind which is so full of talent, so full of abilities, it obscures that mind. Then we feel small. It's the little, little desires that hold us back.

- ❖ I have a different Guru but I enjoy your courses and coming to your Satsangs. Is it ok? Am I accepted as one of yours?

Sri Sri: You should ask your Guru, you should follow what he or she says. If they say you cannot go to other places then you should stick there. From our side it is ok. You come and enjoy. In Art of Living we say everyone is part of us, we are part of everyone. There is no rejection at all in Art of Living!

- ❖ I have a wish that when the whole world is going to meditate in World Culture Festival, can we all pray for the future of the farmers and the cattle?

Sri Sri: Definitely, definitely. The third we have dedicated to environment, to saving the rivers and to uplift the farmer's cause. All this is part of WCF. All that is part of Art of Living will be part of World Culture Festival. In fact, we have already started; we have started cleaning River Yamuna. Hundreds and thousands of homes in Delhi have already started making enzymes and they are putting the enzymes in the drain or in the river to cleanse the river. It's already started.

- ❖ What is the reason for choosing Delhi as the place for WCF?

Sri Sri: Well, you choose any place you will have the same question. We wanted to do it somewhere on the planet Earth!

- ❖ How do I use my brain 100%?

Sri Sri: Even if you use 10% it is good enough. At least start using it! Many of us want to keep our brain fresh and returned back to the Creator as fresh as it was given! It's ok to have a little wear and tear on it, but not in the heart, your heart should be returned back fresh and the brain should be well used. What do you say, good idea? We do the other way around, we keep the brain as fresh as it was and heart has wear and tear, completely damaged and returned back. You can't even tell if it is a heart or a mess! So heart should be kept fresh and in the same condition that we were given and the brain should be used very well, so that when we leave this planet we should know that this brain has really worked good.

- ❖ If I am dispassionate, how will I achieve my goals and will being passionate not allow me to relax?

Sri Sri: Listen, listen, and listen. Life needs both passion and dispassion. It's like breathing in and breathing out. Breathing in is passion and equally proportionate breathing out is dispassion. Otherwise you will become miserable. The formula to become miserable is to have only passion and swear and continue your fight yourself and fight with everybody.

Passion without dispassion makes you miserable. If you have only dispassion, you will be good for nothing. Then also you become miserable. Life is a balance between passion and dispassion. Just remember, breathing in and breathing out. Be dynamic in your activity and when hit the pillow in the night, when you sleep, that's it! You should sleep a very good sleep. Not carry all the day's activities in your head and spoil your sleep. If you have good dispassion, you will have good sleep and is it enough to have just passion and dispassion? No. There is one more thing, it's called compassion. You need that also. Compassion on yourself, on others also.

People who are passionate are not compassionate on them themselves or on others. Same with people who are dispassionate, they have no compassion for others or themselves. So it's the compassion which acts like a grease between passion and dispassion. That makes a very balanced life.

- ❖ Is it fine to be sensitive?

Sri Sri: It's ok to be sensitive and also be sensible. Often people who are sensitive, they're

not sensible and those who feel they are very sensible, they are not sensitive. People who feel they are very righteous, they don't care for other's feelings and emotions and those who care for other's feelings are emotions, they go in a tangent route, simply get very mushy-mushy and they forget to see any sense in what they are doing. That is no good. So what you need is a balance between being sensitive and sensible.

- ❖ Please tell me the bare minimum sadhana that I should do every day? I work crazy hours.

Sri Sri: Smile at yourself. Look into a mirror and you give a smile. Relax; keep looking at your face now and then in a mirror. See how tensed you look and give a smile. Is this too much? I tell you, you will forget this. Except in the morning or when you have to go to some party or for a show, you don't keep looking at the mirror. Like dental hygiene, how much time do you take to brush your teeth, tell me. How much time you spend eating you breakfast and dinner or lunch or having tea, and talking, gossiping, how much time you spend watching television, tell me.

You put all these timings together and divide it by three and one portion of it you use. 20 minutes, can you sit 20 mins every day? You can! Know that this is mental hygiene, like dental hygiene. However busy you are, you stop brushing your teeth and run to office every day? 'I was so busy; I could not brush my teeth'. Does anyone say this? No! If anyone does like that, people cannot sit next to them, cannot work with them. So you take out time to brush your teeth. Similarly, take out time, 20 minutes minimum and sit and relax and cleanse this apparatus called mind, most precious one that you have received.

- ❖ How to bring my parents into Art of Living? They are so miserable without your knowledge.

Sri Sri: You use all your tricks!

- ❖ Why does a truthful and honest person have to struggle in a political and administrative system?

Sri Sri: No system is perfect. Let me tell you, this is the case. No system is perfect on this planet. Every system has loopholes and if you simply see the drawbacks, shortcomings of a system, you will not follow any system. That will cause anarchy that will cause chaos. It will be worse than accepting some flaws in a system. So instead of focusing on the flaws of a system, if you focus on the benefits of a system, you can keep your enthusiasm better.

When you focus on the advantages of a system your frustration level will be down, you will have enthusiasm to somehow fit in the system. See, somehow or other we have to work within the system, we have to. You have to be in the system to change the system. If you have to bring in any reform you have got to be in a system. If you want to clean a house, you

have to be inside the house to clean the house. From outside the house you say the house is dirty, I want to clean the house, how can you clean it? See you have to bear all those difficulties, bear all those consequences. It's not an easy thing to reform any system; it takes a lot of effort. Sometimes generations make effort and then the system gets reformed.

- ❖ How can we accept something as God without knowing it and how can something known be God?

Sri Sri: First you try to understand the meaning of the word God. What is God? That which has everything, that which is the cause of everything and that which is everything is God. This is one meaning, and the other meaning is, that which has the forbearance of earth, fluidity of water, the light of fire, subtlety of air and spread everywhere like space, that is God. All these qualities are in you. Your mind is subtle, your mind is spread everywhere.

When you know that then there is no difference between you and God. When the fish realizes its life is in water and it is water, not just the body, just like our life in air and if go subtler than that it is in space, that is Divinity. Don't make the Divine an object of knowing. That is why we say, 'kuch jaan ke chalo' (you should know some things) but you can't know everything, 'kuch maan ke chalo' (you should take some things on faith) but you can't take everything on faith. If someone says this gulab jamun is too sweet, you can't take it on faith, you have to taste it! So you have to know and understand it, but if someone tells you this is poison, you don't say ok let me taste it and see! You can't do that, you have to take it on faith. That is why we say, 'kuch jaan ke chalo, kuch maan ke chalo, prem se sabko gale lagate chalo (greet everyone with love and move on)'.

- ❖ With everything happening on Social media, how to choose a life partner through Facebook? Every one's face looks good there but we don't know how it will be face to face!

Sri Sri: Well, you what else can you do but see them face to face. You can start with the book but don't end with the book! Every relationship has to start somewhere.

- ❖ I love reading Ramayana but when I try to apply the same divinity and principles in my life I am not able to do it, it makes me unhappy.

Sri Sri: See if you are unable to do something, then the pain of not being able to do it becomes a prayer in you. Then you say 'patit pavan Sita Ram'. If you consider yourself as 'patit' (fallen) then the one who will make you 'pavan' (pure) will be Sita Ram. In this way, we should understand that no matter what the situation is we are connected to that unending consciousness. That is why in Guru Puja we say 'Om apavitrah pavitra va sarvavastham gatoapi va,' meaning whether you are pure or impure, no matter how low you have fallen, 'yah smrait pundarika aksham' when I remember that infinite power, then both

inside and outside become pure. Just by remembering once that I am not the mind, memory or ego, I am that vast consciousness, and I am like the sky. Can anyone make the sky dirty?

This knowledge you have to bring into your life. That is why we say 'Nahi Jnanena sadrusham pavitram iha vidyate', there is nothing like knowledge to purify yourself. When sit in Satsang, listen to knowledge, meditate, doesn't our energy become good again? Don't you feel that you have become pure? That is why knowledge has been considered to be like Ganga. The way we remove the dirt on the outside by dipping into the Ganga, by immersing ourselves in knowledge, we remove the dirt on the inside, but don't think that just by sitting in a meditation program we don't need to do anything more.

Do you take bath once and not have to take it again? That is why Hanuman says "Baar Baar Raghubir Sambhari"; I take the Lord's name again and again and get fresh every day. You have to do it again and again. Doing an Advanced Meditation Program is not enough; you have to do it again and again. At least 2-3 times a year you have to clean yourself, inside and outside, the upper chamber, lower chamber!

❖ Ram was placed in Sita's mind, actions and words then why did she have to suffer so much?

Sri Sri: Even Kunti has said this in Mahabharata, 'Lord whenever I am in trouble then you are with me. If you are only with me when I am in some trouble, then let the troubles keep coming!' These are all just talk though. Nobody likes unhappiness; if they did it wouldn't be unhappiness any more.

What it means is that this unhappiness that you are getting is nothing compared to the happiness that we have got. If a mother doesn't sleep at night, it is because of the love that she has for her child. She doesn't say 'Oh, I had to sacrifice so much, I couldn't sleep at night' this is nothing for her. She doesn't even think about all that. You have taken away so many nights' sleep from your mothers. Has your mother ever complained? In the same way, some pain that others think that we are going through, we don't feel it when love is bigger than the pain.

14. Sri Sri Ravishankar in yesterday's Satsang

❖ What is Success?

Sri Sri: When you feel content. When you have food you know that you are done. Just like that when you feel contented in the mind you will feel successful.

- ❖ I see only negativities in others. What to do?

Sri Sri: Atleast you know this much. Once you have observed this about yourself then you can come out of it. Don't go on a guilt trip

- ❖ Sometimes I feel tired doing Seva.

Sri Sri: You don't need to do anything. Just know that I am near you. Keep doing your Seva, how much ever possible. No need to do more than what you can. Just do as much as you can.

- ❖ I don't get appreciated for the work I do.

Sri Sri: Expecting appreciation from others is a root cause of misery. You just think of yourself as a king even in the forest where nobody is there.

- ❖ Kids have lots of interest in school but not in sadhana? How can we bring them towards spirituality?

Sri Sri: The environment in the school has to be transformed and spirituality has to be brought.

- ❖ Whenever there is a birth or death in a family, the family members are forbidden to go into a temple or do worship in the home shrine. Is there a scientific reason behind it?

Sri Sri: When someone dies, your mind is so fully occupied with their memories and thoughts. It is almost like a shock. Whatever you do, the sadness stays there for some time. So our elderly people knew this mind so well, they said, ten days of Satak. You cry as much as you want. So, you are free from all the obligations. You are free from going to temple or any social gathering or wedding. You are left to yourself in your space. You experience the sorrow fully and then on the thirteenth day, they say Subham. No more crying and welling. Now, they have gone to heaven, to Vaikuntha. You are at peace here. So, new clothes are worn, gifts are exchanged, sweets are made at home and distributed and it's a party. Those days party was having good food and that was called Samaradhne.

Samradhne means party. So, in our ancient traditions we had spiritual touch to every celebration. So, ten days of grief and mourning, and it is over, then they give you ghee to put in your eyes, refresh yourself for the eleventh day, twelfth and thirteenth, three days you celebrate. So, before this they say, don't go to temple, because a person who is so sad, he always has a question. He doesn't have faith and questions why did this happen, why do god

do this to me. Even if you go to temple you are not going with faith, you are questioning God. I think even God is tired of hearing those questions at that time. So, he says you don't need to come for thirteen days, but in those 10 days, you are supposed to read Bhagavad Gita and Garud Purana at home and dwell in knowledge.

Similarly when a child is born, you are so much excited. You are not in that even state of mind, Samatva is not there. So, then also they say, 10 days be with your excitement. Excitement of any kind was considered impure, too much excitement or depression go in your head. Any extreme, happiness or sadness was considered impure.

The way to come out of it, heal it, is to get used to it. In that too they are grades. For the immediate parent have ten days, sisters and aunts have got only three days. Same ways daughters have got only three days of mourning. Sons and son's family have for ten days. This is sort of I would say a thorough study of human minds by our ancient rishis.

❖ How to introduce God to my 3 year old kid?

Sri Sri: Tell them many stories, music, taking them around, make them interact with other people.

❖ Please give us more knowledge about the Ashta Lakshmi, the eight forms of Goddess Lakshmi.

Sri Sri: The Eight forms of wealth, not just money. One is Adi Lakshmi, Adi means your source. If you are aware of your source, which is Divinity, that is Adi Lakshmi. People seldom think about their origin, they seldom wonder about the creation. They seldom go into the spirit of enquiry. This is Adi Lakshmi, if you know where I have come from, where I am going to go, what is the source of this Universe, the spirit of enquiry itself expands your vision, your mind, this is Adi Lakshmi and then you have Vijay Lakshmi, that is victory, anything you do you are successful in it. Some people don't have this. Anything they put their hand in, it just goes down.

The same job you give to two people, you will see one will be successful and the other will not be. They'll have some obstacles, some problems, something will come up. You just send two people to Jayanagar to get a brass pot. One will go and immediately come back. The other will say, oh when I went the shop was closed, I couldn't get the bus, the rickshaw broke down or they'll come late or say they'll come tomorrow. This sort of slack in the work happens, they don't get victory. Vijay Lakshmi means one who gets success in their job.

Then is Veerya Lakshmi, we do all this but there is fear inside of them. There is so much anxiety, fear, in spite of having everything they don't have valor, courage and then Dhana Lakshmi. Some people have money, of course we know, but money is not everything. Some

people have the luck money coming to them or it comes to them either through inheritance or otherwise, by their own effort. Then there is Dhanya Lakshmi, some people may have money but they will not be able to eat food properly, they will have some problem! Dhanya Lakshmi is, you are able to enjoy their food well.

Some people may not have money but they will have plenty of grains, food, they will have no dearth of food. If you see the poor people they may not have money but they will have food, plenty of food, they like to share with others. So this is Dhana and Dhanya Lakshmi and then Santana Lakshmi. People get children who are congenial, who have such good relation with their family, who care for parents. That itself is a big boon. Kids, who become trouble, burden for their parents that is not Santana Lakshmi. Santana Lakshmi is where the children or the progeny brings happiness. Then Rajya Lakshmi is power, political or official power, this is Rajya Lakshmi.

- ❖ You say be in the present, forget the past and don't worry about the future. How can I not plan for the future which automatically brings anxiety, fear?

Sri Sri: Does worry take you anywhere? No. So what is the wise thing to do? (Answers: Not to worry), that's it. Plan and don't worry!

- ❖ What is the difference between Agnikarya and Agnihotra?

Sri Sri: Agnikarya is the beginning of all yagnas and Agnihotra is that which you do morning, afternoon, but Agnikarya means that from which all yagnas begin. That really means invoking the fire within. You know when you start the car, you put the key in and you step on the accelerator, heat up the engine to move, that's what it is.

- ❖ When the parent dies, why does the son have all the right to do the kriyas?

Sri Sri: No women also have the right to do. This is only in the middle ages they changed. There is nothing like that. Sita had done for Janaka. All that man does, women has the right to do them all. Between boy and girl, there is no distinction whatsoever. This is word 'Kanyadaan' which we have put, it is completely wrong. We should not use this word at all. Kanya (girl) is not an object to give 'Daan' (donation). I have removed it here, I told the pundits, remove it. This is not there in the Shastras at all. In Shastras there are two things.

One is the Rudis, meaning which has come as a tradition as a custom, another is Vidhi, which has come as a shastra, injunction from the scriptures. This Rudis has no place at all and this kanyadaan is one such Rudi. If you see that there is really nothing like that in the original Vivah vidhi. That's why we should tell people not to put the kanyadaan and all that. Somewhere we must change. See till marriage a man has one set of yagnopaveetham, after

marriage he gets two of them. Why? Because he is wearing, the wife's also. You can't eat for your wife; have her have her own food. So this is all distortion of tradition, sometime in the Middle Ages this has happened. It is time to set it right. Even Gayathri mantra they said it's too secret, don't tell anyone. It's a collective prayer! 'dhiyo yonah prachodayat', let Divinity inspire all our intellect, this is what the Gayatri Mantra says. It doesn't say my intellect, let it inspire 'all' our life.

❖ Did you have any fear in life? Is fear necessary in life?

Sri Sri: Fear, I don't know, I have not had it. I don't know if I had it when I was a child, I don't remember. Before three years, I might have had it, but I tell you fear is nothing but love upside down. Love distorted becomes fear.

15. Sri Sri Ravishankar in yesterday's Satsang on 23-Jan-2016

Hierarchy and bureaucracy are essential without which systems will breakdown. So you need hierarchy, you need discipline; you need bureaucracy to manage things well, but the person at the top, administrator or Governor or head of an institution, they should down not get stuck there with the bureaucracy. They should come down and talk to every level of people sometime, not all the time.

Now, in a setup, there is a research set up, there is a director and there are people who are working at the second or third level. They have great creative ideas. Now the director does not agree with those ideas but those ideas are good, but the head of the institution will have to surpass that some time and listen to those ideas. In one of the top government establishment, the second or third level gentleman came to meet me. He says these are the things that would help in 60-70% cost reduction in the project and this is a new innovative idea.

Young people have innovative ideas, but the top director is conservative, because he has been there working, he is tired and now he is going to retire. Before retiring they get a little tired, that's why they go and retire! So all the years they have been going up and up and became the director and by the time they are not ready to do some adventurous thing that young people are enthusiastic about, but this man comes with this beautiful idea and the top man says, I know how to do it. This is not something that will work and he gives it away and these people are afraid to talk to the top man, because it's the question of losing their job or having it. So in bureaucracy fear comes up, 'Oh, if I say the truth, if I do this, what will happen, I will lose my job' etc., mind goes on. So out of fear, what happens is that they put a cap on all their creativity, they sit on it.

Here what would be very useful is for the top man to approach these people and have a word with them, talk to them so they can open their heart and mind and place before them

what the real situation is. If this is done, the setup becomes much freer from authoritative fearful situation to one of more friendly, open kind and innovative.

For innovation you need a more open atmosphere free from fear. Here there is a risk of losing discipline in an organization. If the top man is in touch with juniors, why would juniors listen to the seniors? This is an issue and the senior feels completely disempowered because the senior cannot have any control over the junior; they cannot get any work done. This risk is there, because for every little thing, the junior has contact with the higher authority, they will just jump and go there. This is one perceived or supposed disadvantage of the system.

On the other side if you are stuck with the bureaucracy that everything has to go through the system, it could be stifling for creativity. Now you have to find a balance. How do we find the balance? That's a big question. Keep the system from collapsing; uphold the system at the same time let the creativity blossom. For this you need thorough training of the senior management. If the senior management is friendly or open or confident, they don't feel threatened by the juniors, they will be very open and if they feel confident that they can get things done by the junior then they can do that".

Now we will take Question and Answer

- ❖ I have been having bad dreams since the Advanced Meditation Program started. What is happening?

Sri Sri: Cleansing is happening, don't worry. It won't continue forever, it will be gone.

- ❖ Which animal form do we take before taking human birth?

Sri Sri: This human birth has come after 84 lakh births! Now why do you turn and see back? Look in your mirror, if you look like monkey then probably you were a monkey, if you like a horse then horse, if you look like a donkey then you might have been a donkey, might have been any animal (laughter) I remember once in my school a teacher told a gentleman that, 'You are a donkey'. I told sir, he is not only a donkey but a complete zoo himself! Each person has everything in him.

One poet has written in Kannada that your head is filled with all the animals, there is a parrot also there, sparrow, crow and owl too, peacock too and they all keep making noises, sometimes this and sometimes that. So, what do you have to do with which animal form you were in? Now at least you are a human being, stay happy! Ok, during your time of death don't keep thinking about a cock, Or else you will find yourself in a poultry farm!

- ❖ Guruji, have you ever got angry for anything in this world, during your childhood or even now?

Sri Sri: I can count it on my fingers, may be seven, eight times also, just for a fraction of a second. I know the last time I got really angry was during tsunami times. In tsunami we had sent all the material to be distributed. One gentleman there, one of our volunteer who was sent to distribute, he didn't do it for two days. When asked he said he was waiting for a camera. I really got upset with it. His point was correct. He said, tomorrow people may accuse me that I have swallowed or sold the relief materials, I wasn't proof that I have given to the people, so I was waiting for a camera. Then I got upset.

I said people are suffering here with cold, you are not distributing blankets and saying let the camera come. I just got upset and said "Stupid". That's all that came out of my mouth, nothing more, but no other words come out of my mouth; never any unparliamentarily words have come, never ever. It's in my nature I can never curse or blame anybody, say any bad words. It is not any big credit, that's how it is; it is not in my nature. I cannot even take the credit. Even if I want, any foul word will not come out of my mouth.

- ❖ I want to serve lakhs of people. Will I find a sure shot way?

Sri Sri: Everything is happening here. You join. In fact you are joined. All work together then we can reach lakhs. What's the big deal in it? Why do you want to do separately? A drop can merge in an ocean or the ocean merges with the drop, its one and the same thing.

- ❖ How to overcome apathy of mind?

Sri Sri: By being stress-free, being centered, by getting into knowledge.

- ❖ I am unable to distance myself with my mind, emotions and thoughts. I get very involved with them. I would like to take a few steps backward and see them as a witness. Please

Sri Sri: You are in the right place, doing the right thing. Sit for an Advanced Meditation Program. This is exactly what will happen. One may not be enough. We might have to do two, three or four, but this will definitely happen.

- ❖ On my spiritual journey I realize nothing matters. This knowledge can lead to a state of utter inaction. How to get out of it?

Sri Sri: See, you want to get out of it then you are already one step out of it. That is why from time to time, they organize all these big festivals, so that you can get out and be there as

volunteers. That is why you need Satsang. In Satsang you cannot slip into laziness or depression.

When you work in a group or with a team, your skill, awareness and patience increases because all type of people will be there in the team. They will push all your buttons and you will get into a position where you feel sectoried and sidelined. If everything goes well then and you keep a big smile then what's the big deal about it. Any fool can do that. If you are a wise person then you should be able to smile when things go wrong and this ability comes through wisdom, through knowledge and knowledge comes through Seva and team work. So, working in team will definitely help.

- ❖ Is one life time enough to clean, or to lift through all of our karma?

Sri Sri: Yes, yes, sure. Even if the room is locked for 20 years, it doesn't take 20 years to bring light there.

- ❖ Some vegetables, such as onion and garlic, brinjal etc are considered "Tamasic" but western doctors recommend eating these for dietary benefits.

Sri Sri: No, that is good. Even in Ayurveda it is said, sometimes when you have cholesterol problem you can have garlic; onion/garlic. Not as everyday food but sometimes you can take it as for medicinal effect. That is ok. Only thing you see, when someone was very deep in meditation they cannot come out, I give them a little onion and garlic, they immediately come out! So, garlic and onion has this impact of bringing down the prana. We feel little heavier and grounded. So for sadhaks, for people who are meditating it's not advised every day. Once in a while you can have it, no problem.

- ❖ I am in silence and meditating for the last 5 days, during this time my mind is recollecting all the past events of my life, even some events people would have normally forgotten. How can I deal with this?

Sri Sri: No it's good. It's all dust coming out from underneath the carpet. It's ok. It's coming to go away, don't worry.

- ❖ Is talking while asleep normal. If not, how can we prevent it?

Sri Sri: Do a short meditation before falling asleep. Practice of kriya and Advanced Meditation programs will help you on that.

- ❖ I have a fear whether you will leave me or vice-versa.

Sri Sri: No, no, no. Just don't worry. I have no choice, neither do you!

- ❖ Why do people betray? What to do if they are betraying?

Sri Sri: They don't know. They are not betraying you, you know. People are not so cautious, not so committed; they are swayed by their own mind. So don't find intention behind their mistakes. Just be compassionate. Mind is such; so many different temptations come in the mind so the people they go where they want to go. They are not in control. Don't expect an enlightened behavior from them. All that you can wish is, make them do meditation, be a good human being and you focus on transforming human beings as good human being, then commitment, compassion, all this is natural in their life. It will come to them.

- ❖ How to be aligned with Nature?

Sri Sri: By being simple, open and natural and being stress free.

- ❖ Were you with me in a previous life also?

Sri Sri: I think you have too much time, and I have none! Let's do something. There is a lot to be done for the future and little less about the past.

- ❖ We usually take blessings whenever we want something. Is there any other time we can take blessings?

Sri Sri: Blessings are being showered on you every day. Just don't worry. Keep moving, keep doing something new. You bless others. You be a blessing to that planet. Be like that, make your life so useful and commit yourself in commitment to a better world.

16. Sri Sri Ravishankar in Satsang on 21-Jan-2016

- ❖ If human beings are suffering so much, then what is the purpose of human being? How to recover from the suffering?

Sri Sri: See life is not only suffering, life is also joy. Nobody is suffering from birth to death continuously, 24x7 and throughout their whole life. Let's remember this. Life is a combination of enjoyment, pleasure, joy, love and suffering. Pain is inevitable; if there is pain then there is pain, but suffering is when the mind latches on to the pain, thinks about

it. So the nature of our mind, or we have cultivated such a habit in the mind, we should not even call it the nature of the mind, because children do have minds and they don't have this tendency of latching on to negativity. So as adults what we do is that if there are ten compliments, we forget and we hold on to one negative remark. So ten days of joy gets washed out by one day of conflict, because the mind magnifies that which is negative. So how to reverse this tendency? That is where yoga comes into play. 'Heyam dukham anagatam' – yoga is to prevent the sorrow, which is yet to come, which has not yet come.

Suppose you have violated the laws of nature and you have eaten too much or you have not slept then it's going to have its repercussions on the body and mind. Yoga is avoiding that. So it is not all fatalistic, please don't think life is fatalistic or we have to suffer all the karmas, no.

There are many karmas you can wash them out, you can get over them, but there is some karma you have to go through. Suppose you are cooking sweet pudding, if the sweet is less you add more sweet, if the sweet is too much you add more rice, more milk into it. This is all you can do, but once that rice is cooked, you cannot reverse it. So in a pudding, one thing you cannot reverse, this is 'prarabdha karma' and there are many other things which you can change and Satsang, sadhana, meditation, kriya, all this can change the negative karma.

❖ How useful is Yoga Sadhana (Practice of Yoga) in life?

Sri Sri: It is very useful. To reach the goal of life, Yoga sadhana is imperative. Through Yoga sadhana, we come to know, what the purpose of life is and why we are here. There are two things, we get what we are seeking, that which we haven't received yet, and we can protect that which we have already achieved through Yoga Sadhana. So one is that Yoga Sadhana helps us to live in happiness, peace, with love because it keeps us healthy, happy, our behavior towards others improves, and it broadens our vision. On the other hand, it helps us to grow spiritually, we get answers to questions like 'Who am I, what am I?'

❖ How to instill spiritual values in my child who is ten years old?

Sri Sri: Talk to them about inspiring stories of saints, take them to cultural and spiritual centers, temples. Give them the Sanskaras. Tell them nice stories. Make them to do good work, distributing, sharing things.

❖ Why do we get knowledge only through pain? Why do we have to go through so much trouble to get that which is inside us?

Sri Sri: Tell me; don't you have to go through trouble to get worldly things? We work so hard.

If we have to buy a house we work so hard, if we have to buy a car we work so hard, to get married, my God, we work so hard! When we work so hard for everything in this life we don't see it as hard work, but when we have to do even little on the spiritual path, then it seems like so much work. You sit still staring at one place for three hours in a movie hall, but if you have to sit in meditation for 20 minutes then all sorts of aches and pains come up! You feel like it is work in the beginning but once you get on to the tracks, then you will not be able to stop.

❖ How do I find my passion in life?

Sri Sri: Don't sit and wait for a passion to arise in you. Just keep working. When you get deeply engrossed in any work, that passion will automatically be there. For some people passion is very dramatic, for others it is in the background, it is somewhere deep inside. Don't look for some magical experiences. You can find them only on the screens or in the storybooks. Even when it happens to you, you find it very normal. You have a deep passion for something, you feel very normal about it, but when you see it in others, you feel 'Oh, that person has enormous passion; I too want to have it'. When you start comparing yourself with others then you get stuck.

❖ There comes a time in life where everything is not right. You fail on all fronts. What do we do then?

Sri Sri: Prayer. Sit and pray and know that this time will pass, you have some loan, you have financial losses, never mind. Move on, things will change and remember, one day you have to drop everything, whether you are a success or a failure, even if you have bungalows or palaces or whatever you have had, earned and stored, kept in your bank account, everything you have to leave here and go. Without even having the time to pack up! The baggage will remain here, only whatever is in the mind you carry with you. So a little loss here and there should not deter you from your faith, from your commitment, from your knowledge.

❖ My husband and I follow different Gurus which causes lot of obstacles. What to do?

Sri Sri: As long as both of you are in the knowledge, it is ok. Don't fight over the Gurus, at home! Don't make that as one of the many reasons to fight. So I would tell you that you be magnanimous, be calm, you follow your path. It's a very personal, private thing. Sometimes you want to go for Satsang, and he says no, you should not go, then with a smile you say no, I have to go, I will go. You don't have to be like a mouse or you don't have to be like a sheep and follow everything and leave your own path and your life.

Life is always a balance, keep that balance. Sometimes you follow, other times, consider

others. Suppose if you give everything and don't consider your wish at all then you will get frustrated very soon and that tension will mount on you and it will show up in all your relationships. That is why I would say, in some things there is no compromise but in many things you have to compromise.

- ❖ I read a couplet which said, you have to meditate with your mind, actions and words. How is it possible to meditate with actions and words?

Sri Sri: Whatever work you do, do it 100%. First you sit and meditate with your mind. Then when you work, you do it 100%. This is what it means. When it comes to words, it means speak good words.

- ❖ Is what is written in the Bhavishya Purana by Veda Vyasa, true?

Sri Sri: Yes, It is written in the form of a mystery. There are some aspects which are apparent and some which are in the form of a mystery and there are some interpolations as well. In Mahabharata somebody has inserted a section saying that even if a mad elephant comes at you, does not take refuge in a Jain temple. In those days, there was no Jain religion and even if it was there, there is no such writing in the original Mahabharata. Some pundit must have just inserted it. We should let go of these interpolations.

- ❖ If you ask for forgiveness many times and it is not given, then what can we do?

Sri Sri: You ask forgiveness, once, twice, thrice, but you should know that maybe the person is enjoying one's asking for forgiveness. So at some point you must stop going on pestering about it. You be centered, 'Look I have asked for forgiveness, if you don't give it then what can I do? Nothing'. But don't lose your calm and your broadmindedness or your wisdom. Keep it with you. If at all there is anything charming in another person, in any relationship, it is wisdom. When wisdom goes, then all charm goes.

- ❖ Why do we do things which are not good for health?

Sri Sri: Because you are getting some pleasure out of it. You must get some pain from it, and then you will be able to do it. What you can do is give it up for 40 days. Then after 40 days you will see that you have the strength to say no. In this you can get over it.

- ❖ How to be a good disciple and devotee? What we get from you depends upon our effort. When I put effort I don't feel it is good enough.

Sri Sri: Don't be too hard on yourself, and don't be too slack on yourself as well. Walk the middle path. There are those who are too hard on one side and they start blaming oneself all the time and there are others, who justify everything they do and they are too slack on themselves. This is also no good. So walk that middle path. It is an effort to be on the middle path. It is easy to swing to extremities but it takes some effort, courage to be the middle path.

- ❖ Do you miss me even when I don't miss you?

Sri Sri: You can only miss a person when you are not with them but I am with you all the time! I am with everybody all the time.

- ❖ You say, do not look at the past or future, enjoy the present but my son's professional and married life is not normal, how can I enjoy and live in the present?

Sri Sri: What option do you have? If there is a problem in the marriage, what option do you have? If you lose your cool and centeredness, of what help would it be? You need not enjoy and laugh and party but at least be centered. Keep your calm and centeredness and have faith and have conviction that things will get better. Have this confidence. Look around, it is not just your son and family, so many such incidences are happening all around. See what you can do to contribute, how you can resolve the problems. Think about it.

There is a Shloka which is chanted in every function by the vedic pundits which says, let Gods purify my mind, my intellect and my heart, let gods purify all dimensions of the world, let the one who is present everywhere purify me.

What is purity? Who is devjana? Devjana means divine souls. Divine company always purifies you. See you sit with somebody and talk with them for half an hour but after moving away you find your mind is all clustered and negative. You think badly about this person and that person, it means the person has polluted your mind, but the sign of devjana and good people is that your mind and heart becomes pure. Devatas are not somewhere up in the heaven; they are in your own body, in yourself. So, the divinity in you is that which purifies your environment in all dimensions. If you keep everything clean and pure that is sign of devatas.

Cleanliness is the quality of devatas. So this prayer is always offered to devatas to purify us in body, mind, heart and intellect. The one who purifies our mind and intellect is a devata or a devjan. You sit and talk with people and they tell you about what car they bought and how they enjoyed and this aroused a desire in you, or they will talk negative about people and

curse them and this impurifies your mind. They will create a million doubts in you and the mind which is filled with doubts is impure. An innocent mind has no doubts. It unites everything. It has trust and confidence.

Fearful and doubtful minds which is stressful, angry and agitated irked and full of hatred, all these minds are impure minds. Asuras make the mind impure and the devatas, the divine energy can only purify the mind. If you are a devata you will purify all. Let there be purity in physical, subtle, spiritual and in all dimensions of life. What a beautiful prayer! At the very instant that you hear the prayer you, feel everything has become pure. If you have divine qualities, with whomsoever you sit, you will arouse more and more faith, wisdom and devotion in them, but if you are a little lacking in divine qualities, you will find fault wherever you go, this adds garbage in the minds of people. So, we should be careful of people who fill you with negativity.

❖ What can we do about all the terrorist attacks?

Sri Sri: There are many things we should all do. One is, the world should unite against terrorism. There should be no soft corner for terrorists of any kind, in any place. What happened yesterday in Pakistan? Heinous crime, attack on a University, a place of learning! How many children are wounded, how many have lost their lives. This is so unfortunate and this calls for action from everybody. Let us see that one; one prevents the violent mentality in people. That can happen through the induction of people to spirituality at a very young age. Second, wherever they are brainwashed to think that I am going to heaven by killing people, we have to go and reverse that tendency, reverse their understanding. Again here, it calls for united movement across the globe.

Even if one country is left in nurturing terrorism, then the world cannot be a safe place. I usually tell this story of two people living next to each other. They had great animosity. One of them thought what I can do to trouble the other neighbor. So he brought a dog. Someone advised him, just a normal dog will not do. You have to inject something so that the dog becomes mad. So he said ok and he made his dog crazy.

When the dog got crazy, it forgot who is the owner and started biting the owner itself and this is what exactly happened in many of these countries which for some reason promoted terrorism, without knowing it is terrorism and now it has become a big problem for themselves and there are some countries that have vested interests, they think only they can be strong. This sort of meaningless politics should stop. When I met our Prime Minister, he shared one incident when he spoke to Nawaz Sharif. He said, 'Look, we had so many wars, neither had we got the land nor did we get the heavens'. So he took him to his mother and told his mother what Modi said. So his mother said, 'Yes, he is correct.

Now we should stop these fights and work together See the mother's heart always goes for that, she said that there should be no fight and we should live together, live and let live. Like

that, in many other countries there are groups who are selfish who have no idea of peaceful co-existence. They just somehow want to be prosperous by themselves and these arms and ammunitions are a means to become prosperous for them, at the cost of suffering for millions of them.

There is a great need today for world leaders to come together and commit for non-violence and that is why in the World Culture Festival that is happening in Delhi, have invited politicians. People ask me why invite politicians to a cultural festival? It makes sense inviting artists. On what basis have you invited religious and spiritual leaders? I said, the message of unity has to go to every avenue of life, every avenue of society. The politicians who come they should understand, they will take back home, people from all the countries are here together and they take a message and give a message to the world, we are committed for peace.

Similarly religious leaders, they have great influence on their followers, in their parishes, in their communities. They should go and say, we are for this concept of live and let live and that is why Art of Living is inviting politicians as well as the religious leaders and businessmen, everyone, and media. No one section of society is left untouched in World Culture Festival. We are inviting farmers, we are inviting common man, and everyone is taking part in this beautiful program.

- ❖ What is important, being a good mother or being a good professional?

Sri Sri: Don't think there is any conflict between this. You can give time for both, okay. I want to tell you an example, we have one Art of Living Teacher, and she is a full-time teacher. She has three children, one is very small, six month old baby, another two years old and another one is four years old and she would manage and also go for social work, she used to teach courses. Usually people say 'Oh, I have a six months old baby, I cannot do this, I cannot do that! I was amazed, that how she could do this and that and everything. So you must not think in your mind 'Oh I cannot do this because of this'. If there is a will, there is a way, okay.

- ❖ The basic building blocks that we are made up of, that is molecules and atoms are in motion constantly. Is there anything that is still?

Sri Sri: The space in which they are all moving is still. You can't even know that they are moving unless there is a constant. Unless there is a reference point which is not moving you cannot even recognize movement.

- ❖ Do we need to be spiritual to meditate effectively?

Sri Sri: Meditation is spiritual! What do you mean by being spiritual? You don't have to grow

long hair or a beard or stay in a cave. You can lead your normal life and when you meditate you are spiritual, when you are kind you are spiritual, when you are ready to sacrifice your little wants for some greater good for others you are spiritual. When you are willing to share what you have, you are spiritual. Don't you have all these quality? (Yeah) then you are spiritual. As long as you don't wish bad for others and as long as you don't do things that harm you and others, you are spiritual.

- ❖ There are other ways to release stress like exercising, is this an alternative to meditation, is it another form of meditation?

Sri Sri: Why you are averse to meditation? You need alternative when you have some trouble with it. Got it? I have not found an alternative thing or a substitute for meditation. Meditation is that which bring stillness, calmness, serenity in you. Exercise is an activity; exercise cannot be a substitute for meditation at all.

In fact, if you exercise too much you cannot meditate for some hours, because the body's metabolism is high, there is so much blood moving in all direction in the body, heart is pumping faster; the metabolism is higher than meditation cannot happen. When you have high blood pressure then meditation becomes difficult. Now in meditation metabolism goes down, your breathe is very feeble, sometimes almost it's not there and that opens you to another dimension which exercises, watching birds or walking in the forest cannot give you. The stillness of meditation that when you sit and do, is un-parallel, it cannot be compared with anything else.

- ❖ Guruji, who is or what is 'purna-brahma'?

Sri Sri: Listen, it is very easy to ask 'what is purna-brahma'. That which is everything is 'purna-brahma'. You cannot say that 'this is not brahma'. Understood? That which is everything, it's another name is 'brahma'. That which has everything in it is, that which everything is, is 'brahma'.

- ❖ Can we meditate anytime during the day?

Sri Sri: Not immediately after food, before meal you can meditate.

- ❖ We need to do meditation three times a day and I can't do it in the afternoon. Can I do it twice in the evening?

Sri Sri: Doesn't matter, you do it even twice, that's good enough. If you miss a meal in the morning do you eat that also in the evening? Do you say that I missed my lunch so in dinner

I am going to have my lunch and dinner? No! You do half-an-hour, twenty minutes that is good enough.

- ❖ How to balance our materialistic lifestyle and spiritual lifestyle?

Sri Sri: See you need food, you need a vehicle, you need all that you have, right. If you compare yourself with others what that guy is doing, so I want that, and then that is taking you away from your centeredness. There is nothing wrong; you don't have to feel guilty to take care of your needs. If you feel that I need this, you take care of it. I want this because that guy is doing then that is not a wise desire to have.

- ❖ Enjoy Kriya and Sadhana a lot, but I also enjoy going to party, is that wrong? Can both go hand-in-hand?

Sri Sri: As long as you retrain yourself to the soft drinks in the parties it's okay.

17. Sri Sri Ravishankar in today's Satsang.

We did 35 mins of new meditation, Cool head, warm feet, soft belly - your body mind is in place. Sign of good health.

Now we will take Question and Answer

- ❖ How to increase passion for meditation?

Sri Sri: You want to meditate that's enough. When you meditate stomach becomes softer. Intellect becomes sharper. Heart becomes larger. Feet become warmer. You want to be intuitive intelligent energetic charming then meditate.

- ❖ How to balance commitment and feelings?

Sri Sri: Feelings change. Commitment shouldn't change as fast as feelings. If we base life on feelings we will be ruined. I suggest CA's to spend some time with music as they constantly work with numbers. Balance your left and right brain.

- ❖ Why is Lakshmi regarded as chanchal?

Sri Sri: Which moves very fast is chanchal. Wealth is circulation. Wealth is sustained where there is movement. Narayana is always there. Nerves word comes from Narayana.

Consciousness housed in nervous system – Narayana. To sustain you need means - that is what Laxmi is.

- ❖ What is the reason for creation?

Sri Sri: I have no idea, but this is nice right. Why you wear so many types of garments every day, because mind always loves something new. Diversity is the language of nature. Inside your intestine there are 50000 types of bacteria. On your forehead there are 3 types of mites. Pundits wear 3 distinct lines of ashes on head. Might have to do something with these territorial mites. Universe is amazing. Full of diversity. So many different tendencies in people such as thoughts, opinions, ideas in people for that your mind is the best entertainer for you

- ❖ So many successful people don't meditate. Some mediators are not successful. Why?

Sri Sri: Well! What is success? Just having big bank balance. Fame name? They may not have a good night sleep. Many can't enjoy meal. Success is undying smile on someone's face. It is confidence that he can overcome any obstacles in life. Some wealthy people are scared to make friends. Do you call this success? Even if you squeeze them there is not an iota of joy in them.

Meditation is not a direct way for success. It's like watering a plant. If you don't want to meditate don't. Get thoroughly stressed. If you feel like following people who smoke cigarettes and are famous you also smoke fill your lungs with carbon. Wake up! Wake up! Meditation is not an obstacle to be successful and dynamic.

- ❖ How do I bring back freshness on my spiritual path?

Sri Sri: Everyday I give new meditation. Was it good? You are at the right place.

- ❖ How do I transfer knowledge to others correctly?

Sri Sri: That's why we have TTP. Gyanni sab ban sakte hai. Par guru kuch log hi bante hai. (Everyone can become knowledgable but only few become masters).

- ❖ Do you think time ever started?

Sri Sri: Its beginning and endless.

- ❖ How do you run AOL?

Sri Sri: I simply don't be run. It simply happens by divine law. Knowledge has organizing power. If you're in knowledge everything happens. If you're centered, centeredness has tremendous organizing power. The higher self has organized this universe perfectly. It has infinite knowledge. The flowers are so perfect with fragrance. In same way coconut. Millions thing to be amazed in this creation.

- ❖ I am very lazy.

Sri Sri: Watch your food. Rest will follow.

- ❖ I am getting distracted by behaviors and comments of others

Sri Sri: Do this. All such comments you note it down and repeat every morning don't have food without it. If you can't forget don't try to forget. Type it print it. Do this two days and third day it will be gone.

18. Sri Sri Ravishankar in Satsang on 19-Jan-2016

- ❖ To what extent is marriage an obstacle to enlightenment?

Sri Sri: See there are people who are single and unhappy and there are people who are married and unhappy. This is one category and there are people who are single and happy and married and happy. This is the second category. You better be in the second category!

Whether you are married or not, if you are happy, if you are centered, then you are close to enlightenment.

- ❖ I have disorders like Bulimia. What can I do?

Sri Sri: Yoga and Meditation.

- ❖ Is it compulsory to light a lamp in the Pooja room every day?

Sri Sri: No, no. It's your choice. You want to light, you light. You be a light to yourself. Our body is like the wick, the consciousness is like the light. It is nice to keep a little ritual at home like lighting a light or doing something, it creates an atmosphere. It's done only for that, not to please God, not please some angel, no. You light a lamp, why? You create an

atmosphere, it brings certain serenity. That is why these things are done.

- ❖ Why do some people die young, even in the womb? Is it their karma?

Sri Sri: You know there are five eternal questions, this is one of them. You don't ask me why small fruits fall off from a tree. Why many buds fall off without blossoming. It is part of nature. Take it as that. Let's do all that we can to prevent that. Like a gardener, what does he do? He does everything to prevent the small little coconuts from falling, to let the coconut mature. You see under the coconut tree? Little, little coconuts fall off before they mature. Have seen under a mango tree? Due to disease or something else, it can happen and beyond all this there is one more thing – karma. That is a very big decider. There are many reasons.

The whole existence is mind boggling, the whole phenomenon. How life is an eternal continuum and how it is already programmed to come at some time and go at some time. That is also there. So all that we can do is prevent this child mortality. We do all that we can do and then you leave the rest to Divine law. You can't say in the first instance, 'I have given to the Divine law; I can't do anything about it'. Though it may be karma, dharma is there; your duty is there to prevent it and you do whatever you can and finally leave it to karma and know that you have done everything, as parents, as human beings we do whatever we can do and beyond that we know that it is due to some law that things are happening.

- ❖ What is there in the astral plane? Can you please explain?

Sri Sri: What we see in this world is only the tip of the iceberg. Let's keep it at that. There is a lot we don't know. There is lot which is much bigger and wider. Today scientists say there are millions of worlds. Ancient people have said that there are millions or trillions of sun in the lap of God.

- ❖ How can we keep our mind free from bondage while being involved in worldly things?

Sri Sri: If see something as bondage it becomes bondage. If you see it as Seva (service) then it is not bondage. If someone compels you do a lot of work you see it as a burden, but when you work with your heart and mind, then I have to come and stop you! In our Ashram I have to tell people to take rest. There are many like that. There are some people who are constantly working. There are also some who don't do much! So the same words are not applicable to all, to some people I have to tell them to work and to some I have to ask them to do nothing and only rest. This is how the mind is the root-cause of bondage and it also the cause of liberation.

If the mind is happy then no work seems like bondage. If your mind is unhappy then any

work you do will seem like bondage. Then things like who to please and who not please, start coming to your mind. There is a saying in Sanskrit Kashtasya sukasya nakopi data – you cannot make anyone happy or anyone unhappy. Everyone has their own fate, how much one has to suffer or not suffer, but we should not let go of our duty. We should do our duty and move on.

❖ How to be free from the cycle of birth and death?

Sri Sri: You rest; you meditate and then get ready to play again! When a person is playing on the field, does he think about going home? Only when he gets tired will he think about going home and when you go home and rest, you feel like going and playing again. You think let me go for some time and come back. This is what happens. A liberated soul wants to come back and take birth again, why? To play for some time and this is what Adi Shankaracharya has said – 'My home is up there, heaven, I have here only to take a break. Just to play a little'.

❖ What is love? Is love possible without affection? The only place I like is when I have friends around me but I don't love them, is it affection?

Sri Sri: See, love is not just an emotion though it is an emotion too. Who is God? God is that which 'is', that which is conscious and that which is love – Asti, Bhati and Priti. These are the three qualifications of divinity and you are also made up of that. See, that is how all the cells in your body are together. The day love will disappear, the body will disappear too. Love is something which you can feel in every particle of the creation. There is not a single life that has not been touched by love. You love food that is also love, you love yourself too.

You feed a dog for two- three days and what he expresses by jumping all over you is love. We are made up of love. You said correctly that you cannot understand love because love is beyond understanding. If you see affection, friendliness, it is just a shade of love, that's it. Even all these negativities that you experience are distortions of love. What is anger? It is love distorted. You love perfection and when you see imperfection, the love for perfection gets distorted into anger. All negative emotions are distortion of love only.

❖ Krishna and Jesus had similar birth. What is the mystery behind it?

Sri Sri: Not only their birth is same but they have also said the same things. If you have noticed Lord Krishna also said come into Me, I will relieve you of all your sins and Jesus has said that too. Krishna said God resides in everyone's heart. Many of their words are similar. In Jesus's time he had to deal with simple people, fishermen and peasants. They were not highly intellectual.

In Krishna's and Buddha's time they had to deal with all highly intellectual people. Though Jesus talked in parables they could not understand. Jesus told, "The kingdom of God is within you", then they would ask Jesus that where would they be seated next to God, to the right or to the left. Jesus had predicted his crucifixion and that all his disciples would run away and they did run away. Jesus expressed love at every event of his life.

If you see Krishna's life it is full of challenges but everywhere he expressed bliss and Joy. Krishna you will never see him in any other mood other than in bliss. If you come to Buddha, He was silence manifested, an embodiment of dignity, compassion. Like Jesus even Buddha's own disciple turned against him. He got so jealous of Buddha that he went behind Buddha and threw a stone. The stone fell inches in front of him. His disciples were so angry but Buddha asked them not to get angry and understand the philosophy of karma and compassion.

They have all given a lot of knowledge and wisdom and we are so lucky to have that wisdom, right.

❖ Is there a good religious conversion?

Sri Sri: What is needed today is conversion from head to heart not from one religion to another. When you convert from one religion to another you will definitely say this is not good that is good. If you are a spiritual person you welcome wisdom from everywhere, honor everyone. That's what the ancient rishis say that with knowledge flow inside, that is an open mind. That doesn't mean you say one religion is good and another is not good. This is the cause of terrorism in the world today. Service activity is good, at the same time respect each other.

❖ What is the meaning of Shivrani?

Sri Sri: Shiva is the most beautiful and benevolent consciousness or energy. Rani is one who is immersed in it.

❖ How to handle aversions? How to enjoy in the present moment even if there are unpleasant things or situations around? How to get rid of the feverishness?

Sri Sri: I remember there was a Baba Kauwale Guruji in Delhi he was in Kotla Mubara. This man was a soldier in army and in the 1971 India-Pakistan war he got a bullet shot in the neck and from that bullet shot he something happened, he fell unconscious and he got enlightened. He had all the knowledge, he would say about Tatva gyan. He was 8th standard pass or not even that. I was a small boy 19-20 or so he used to give me lot of respect 'Oh Yogiraj' and all he would say and I would feel shy. He used to treat me like a big person and

I was a small boy, he was a 65-70 year old man. He used to talk all the wisdom. Houseflies and other things used to be there and everyone would feel averse to it. He would say 'Rehne do'- Let it be. Just one word 'Rehne do' - So what? Can change your whole attitude right? To overcome aversion we need to relax. Both craving and aversion both can be overcome by meditation.

- ❖ Do you read all our letters?

Sri Sri: Yes I read. Your work is getting done no? Whatever you all want it happens no? I am doing my job properly!

- ❖ If somebody lives in their own imaginary world and it becomes a disease what to do? Their family life gets affected?

Sri Sri: They are thirsty, we take them towards the water and they don't want to drink. Make an effort to get them on the path repeatedly, get them in to medication.

19. Sri Sri Ravishankar in yesterday's Satsang

- ❖ How do I know how much I have learnt and how much more is left to learn?

Sri Sri: There is no end to learning. You can keep learning, but it's possible to unlearn everything in no time. Unlearning is going beyond knowledge and information and reposing in the Self. In this state of innocence you see something that is beyond everything, becomes every obvious.

- ❖ How can I get over the culprit consciousness in me?

Sri Sri: You have come here. Surrender everything here. Let go of the past and start a new life.

- ❖ Why do we suffer?

Sri Sri: Ignorance.

- ❖ How can I get back my good relationship with my husband?

Sri Sri: From your side accepting him as he is. Then he will also change. See, you keep digging the past, 'Why did you say that?', 'Why did you do this', 'You don't love me'. These sorts of sentences you should stop saying! Don't question someone's love for you and don't put the onus of proving it on them. It's such a burden for anyone to prove their love for you. How can I show their love to you? Should they bring flowers every day, talk sweet things? If they do too much of sweet talk, then there is something wrong! 'You don't like me', 'You don't love me', 'You ignore me', you should say goodbye to these sentences, these words.

In fact you should ask them, 'Why do you love me so much? I'm not worthy of it'. This will bring up the love. Not this 'Why, why, why', questioning. Suppose someone puts a burden on you, asks every day, 'Do you trust me, do you love me?', you will feel 'Oh my God, such a burden!' If you feel love, you feel love. If you don't feel love, you don't feel love. You cannot generate these feelings. If it's there, it's there. If it's not there, it's not there.

- ❖ I am a child and I don't have any stress, then why do I need to do pranayama?

Sri Sri: So that you don't get stressed in the future, you have the technique. It's like asking, if all our teeth are intact, why we need to keep brushing it. When they are gone, you can't brush them! You brush them so that they don't fall off.

- ❖ I have been looking for love since grade 3, I have got married and have kids but I am still looking for love.

Sri Sri: Look inside, meditate. You are love. Don't go around like a beggar, asking people to love you. You know that you are the source. Love is in giving not in wanting to grab something.

- ❖ There are more male sages than female. Are women less suitable for enlightenment?

Sri Sri: That's not the case, but not too many become Gurus, because she becomes a Guru as soon as she becomes a mother, for the children.

- ❖ Cutting a cake on one's birthday is not a part of Hindu Dharma, then why do we do it?

Sri Sri: See the clothes that you are wearing now, shirt and pants, that is not in Hindu Dharma. The Rishis and Munis never wore these clothes. The mic that you are holding has also not been made by Hindu Dharma. The Hindu Dharma is vast. It says the whole world belongs to me. Vasudhaiva Kutumbakam, this whole world is my own. This is what the Hindu

Dharma says.

Now if the whole world is my family, then if the members of this family likes cutting cake and others also like it and do it, what is wrong with that? The greatness of Hindu Dharma is that it considers the entire world as its own. Make everyone your own and spread your message to everyone. Whether you wear dhoti or kurta or pants, till the time that you get connected with the Divine, you calling yourself a Hindu means nothing. Do you eat tomatoes? That is not a part of the Hindu tradition. Do you drink coffee? That is not a part of the Hindu tradition. Tomatoes were brought from outside India. That is why there is no word in Sanskrit for tomatoes. Now does anyone in India eat anything other than potatoes and tomatoes in India?

We have to keep alive our ancient tradition and make everyone your own. We have not done this and that is why we have had to suffer. See Buddhism did not have this problem, and so it reached till China and Japan. At a certain time the Rishis and Munis had spread across to every corner of this Earth. They believed in going according to the time and the place. So they placed importance on two things.

One was Shruti, the knowledge of the Vedas, the knowledge that is absolute and cannot be changed. The other was Smriti, which was made according to the place. If you go to the south of India, the priests there don't cover the top half of the body, but if you go to the North of India, they cover their whole body and if you go further north to Nepal, they wear coats and do puja. So these are costumes, outer traditions, rituals. These are all to do with culture, nothing to do with Dharma.

Dharma is knowledge. What you wear or whether you should cut cake or not, these sort of outer behavior, is not what constitutes Dharma. If you go into the depth of Christmas, there is no cake cutting there too. So in this way, there are different traditions in this world but we should be true to our tradition and make everyone. Don't the elders in the family, feel all the small children are theirs, no matter how they are, right? Doing this raise our greatness, it does not diminish it. When you are generous, then your greatness increases.

❖ Today is Guru Gobind Singh's Jayanti. Please tell us something about the Saint Soldier.

Sri Sri: If culture and dharma is still alive in India today, the credit for that goes to Guru Gobind Singhji. All 10 Gurus have done a lot for India and its citizens, they shown the path. Indian land will always be indebted to Guru Gobind Singh Ji because of the way he has brought a change in this country. The saint's, sadhus & mahatmas of this country would stay in their own temples, they would remain stuck in their pujas and rituals, and many would not care for the society and the people who would work for the society who were warriors, they were far away from Dharma. There was no sign of sainthood in them.

So Guru Gobind Singh ji said that be a saint in the mind, have sweetness in behavior and

have warrior-like courage in your arms. So he raised his voice for Saint Soldier and he became the greatest saint warrior. Saint soldier is being compassionate and not being fearful, not being action less, not just sitting and accepting everything saying 'oh everything is being done by God'. Where there is requirement to stand and protect dharma one should stand up. So this great call, which was very much required for the nation, was given by Guru Gobind Singh ji and he was a big devotee of Goddess Chandi too. He would do Chandi homa, puja of the mother divine, every time before going to war and he brought into light the honour for the tradition of masters, the importance of Guru Tatva in life and he also said that if there is no living Master then one is to consider the Granth (Holy book) as the Master. Knowledge is Guru.

There is no difference between knowledge and Guru. Granth means knowledge. When the knowledge becomes a part of one's life then that is Guru. If the knowledge is not lived then how can one be Guru? There is no difference between knowledge and Guru so there is no difference between Granth and Guru. This is what he said and on the other hand, be a saint soldier.

20. Sri Sri Ravishankar in yesterday's Satsang on 14-Jan-2016

Today is the big festival of Makar Sankranti. Here there is a tradition of giving sesame seeds and jaggery. We celebrate it everywhere. Remember that you are as small as the sesame seed and as sweet as jaggery. Be sweet natured and small, 'I am nothing'. Those who consider themselves as being nothing are dear to the Lord, not those who think they are something. Ego is not liked even by God. A person falls not because of anyone else, but his own ego. So on the occasion of Makar Sankranti consider yourself as small as sesame seed and as sweet as jagary.

There is a Sufi saint who came from Afghanistan. He has written so many songs in Kannada. In one of the songs he says, 'It is such a wonder that a cock ate a bull and a goat ate a good! In the same way, my ego which was so big was eaten by the feet of the Guru'. This is such beautiful writing! In this way, the Sufi tradition has been bringing in writings that are filled with knowledge. If you go into the Vedanta and the knowledge of the Sufis, it is the same knowledge. There is only one God; there cannot be two or three different Gods, but God is worshipped in different names and forms. We make God where different costumes and accept him in different forms. With this thinking if the youth of the country follow the Sufi path, then they will benefit and so will this country. We have to use the message of Vedanta, Yoga, and Sufism and strengthen this world.

Now we will take Question and Answer

- ❖ Some years back I heard a voice in my dream asking me to move towards completeness. What is completeness and how do I go towards it?

Sri Sri: In whose search everything is moving, trees, plants, birds and fools too! Everything has the yearning for that one thing only, completeness. Completeness means is fulfillment, bliss and this bliss is the nature of God.

- ❖ I had gone to a Naadi specialist and he told me everything accurately, but should I do what he asked me to do?

Sri Sri: See when you meditate, you sit in Satsang, everything happens. This is the pilgrimage. There is no need to go here and there, if you meditate within yourself. If you want to do what they tell you, you can, but the highest is meditation and devotion. If you take God's name even once with devotion, all your work will be done.

- ❖ Are there different levels of meditation? What is the highest level?

Sri Sri: See you have to take one step at a time. Every step that you take on the ladder is high and then when you take the next step that is higher than the one before. This is how you have to move. If you look at the highest step and try to place your foot there, then you will slip from the step that you are already on!

- ❖ Why do we get bored from doing the same thing again and again? How do we get out of this boredom?

Sri Sri: Boredom is the nature of human beings. Boredom takes place in the mind, but if you talk about the heart, then repetition does not bring boredom. If you fall in love with someone, how many times do you tell them 'I love you?' You don't just say it once! If you write a letter you fill any empty space with these words! So the heart never gets bored. Mind gets bored very easily. If you work with the mind then you get bored very soon, but the heart never gets bored.

A mother never gets bored of her child. Even if she is with the child 24 hours, she will not get bored. Has any mother ever said that she is bored of feeding, bathing, changing the clothes of the children? No. She may get bored of cooking but not serving. So the heart never gets bored, the mind gets bored, that is its nature and the more stressed and feverish the mind is, the more easily it gets bored. That is why you do japa, repeating the same mantra over and over again. You first will get bored and then sleepy. When you get bored you also feel sleepy. Or if you do the same things properly again and again, you will achieve Samadhi.

When the mind gets removed from cravings and aversions then it automatically attains Samadhi.

- ❖ Are you connected to me? And am I connected to you?

Sri Sri: I am not connected to you. Why? Because you are not separate from me. If you are separate then comes the question of connectedness. What is the meaning of being connected? And if you want to become connected, that is upto you. I will not tell you what you have to do because you will ultimately do what you have to do! I have seen that advice is given but not taken. So if you want to feel connected or anything else, you do that. If you don't want to do, don't do, but there is one thing that is certain, you cannot go away from me, nor can you step out of me! This is the truth.

- ❖ If some five people visit our family, we are unable to sleep. How do you manage WCF with 35 Lakh people coming?

Sri Sri: Well, I don't get into managing. I only know that this whole world belongs to me. If you feel belongingness then there is no burden. When we are removed from our nature then everything feels like a burden. If you are established in your Self then nothing feels like a burden. See the wind blows, it never says that 'Oh, I have to flow through these trees'. Has the Sun ever got tired of shining and giving light to all the countries? No. If we are established in our self then nothing feels like a burden, nor will you get bored.

- ❖ How do I increase my luck factor?

Sri Sri: Do some seva. Do some service and do meditation. Meditation will increase your luck.

- ❖ What do you consider yourself as God, divine or a normal human being?

Sri Sri: I stopped considering myself as anything. You can consider whatever you want to.

- ❖ Guruji, suppose you want one good thing to happen you pray to one God. When bad days come you jump to another God. Is it right dharmically?

Sri Sri: See one in all and all in one. There is nothing wrong in taking different names. What is the difference in different names? For that matter all are the same. That is why whenever we do Ganapathi pooja we say Indrastvam, Vishnutwam, and Rudratwam. You are only Indra, you are Vishnu, and you are Devi also. We take the names of all gods while praying

to Ganapathy saying all gods are him only.

While praying to Shiva we say you are Rudra, you are Ganapathy. It is meant to be like that only. See one in all and all in one. Only one exists. We take different names in different emotions, in different times for different purposes. When you are sitting in dining room you are a different person, when you are going for shopping you are a different person. When you are going to school or college you are a different person. When you are on a holiday or you are working you are different. You have played very different roles but are you different? You are one person. Right?

- ❖ When we do Seva are we not acting against God? If God himself is powerful he can himself correct the things. Why we have to do Seva and correct it?

Sri Sri: If someone is suffering it is because of their karma that they are suffering and to help them is your nature. Someone ate wrong food so they have stomach ache. Being a doctor what is your job? To prescribe the medicine. Get them out of it. So your dharma is to treat the patient and that person's karma is making him suffer. Karma is action. He ate wrong food, too much food, he has tummy ache, so he is suffering, because of your karma you suffer. Will you say that and go? No.

Why do you give him medicine? You have studied medicine so that is your dharma. Got it? If someone is a thief he stole and that is his karma, but if you are a police what is your dharma? To catch him and put him in jail. If you are a thief God is coming to you as a policeman. God made the thief to have some fun and give policemen some job. Got it? So they say 'Vaidyo Narayano hari'. When you are sick you consider the doctor as God. Isn't it?

Narayan comes to you in the form of Vaidyo when you are sick. Got it? You suffer because your intellect is not working in accordance with God. If it works in accordance with nature you don't get sick. Got it? That is why the highest prayer mankind has known is 'Dhiyoyonah prachodayaat', Gayatri mantra. My God let all our intellect be inspired by you. Every thought that comes in my mind let it all be yours not from my little mind. This is the highest prayer. Let all my sins, my past karma be washed away and my intellect be inspired.

- ❖ How to create balance in life?

Sri Sri: How do you walk now? When you walk you have balance or not? Left and right, left and right, right? When you go extreme you fall. If you feel that you are going to fall don't you balance yourself?

- ❖ I am unable to focus on my studies or any other activity. What do I do?

Sri Sri: Do you brush your teeth? Yes? That is dental hygiene. Pranayama is mental hygiene.

- ❖ You said that experience is not the goal of meditation. So we should not expect experience while meditating?

Sri Sri: Do mediation but not for experience.

- ❖ When we ask God for something why does he throw more challenges on us?

Sri Sri: You don't realize that help is always there.

- ❖ I have difficulty in expressing myself, what should I do?

Sri Sri: You have already expressed. You have expressed that you have difficulty in expressing and you have done it perfectly right.

21. Sri Sri Ravishankar in yesterday's Satsang

- ❖ In one of the talks you said the present moment is so vast and deep, that it is unfathomable, whole of the past and future is in the present moment. If the past and future are there in the present how does it possible to change the future? If the future can be changed, can the past also be changed?

Sri Sri: It is a mystery. You have to live the mystery. Don't think it is only one dimension. There are many dimensions one in between the other. That is why it is unfathomable.

- ❖ In the Vedic times India had developed many mental faculties like 'Avadhan'. Is it possible today too?

Sri Sri: Yes of course. Our intuition process for the kids is showing very amazing results. Definitely it takes some time to practice Avadhan. Those who have lot of time you can do that. Earlier we had to memorize everything when we were in school and college. Memorize this, memorize that. Today with all the calculators and technology, gadgets, you don't have to memorize so many things. Everything is on the tip of the fingers no?

Earlier we used to go library, search for all the books, go to the index and search in the books and sit, so much effort. Today just one button, Google and you get everything. Your library

is with you in a small pocket, in tablets. Whole library you can keep. Even in your iphone.

- ❖ Technology is a double-edged sword. How to make optimum use of technology and not let technology use you?

Sri Sri: Keeping a balance in that. Sometimes you interact with people, meditate all this you have to do. Engage yourself actively in some work, seva. That makes life very fulfilling.

- ❖ Disciple is the bedrock of Yoga. When does discipline become constricting. How to keep discipline and a sense of freedom?

Sri Sri: I have spoken about this many times in the 'Intimate Note to the Sincere Seeker'. Freedom & discipline appear absolutely contradictory but in fact they are complementary. It is discipline that gives you freedom and when you have the freedom you follow the discipline.

- ❖ The body is continuously decaying and the spirit is eternal. When the body goes through a cycle of sickness, the eternal spirit is not felt. How does one stay connected to the spirit through the body?

Sri Sri: Why do you want to feel it? Who is feeling it? Who is not feeling it? 'I am not feeling' you are saying no? That 'I' you focus on that's what I am saying. 'I am feeling it, I am happy, I am unhappy, I want this, I don't want this' in all this there is that 'I' that continues. Simply you have to focus on that 'I'. 'I have no experience' that is good enough. You say 'I have no experience' who does not have experience? You have to focus on that.

'I have no experience' very good you got it. You got it. It is not the experience, pleasant, unpleasant, feeling or no feeling, which is important. That is not the goal at all. The goal is to go into this 'I'. What is this 'I'? 'I am happy, I am unhappy, I want this, I don't want this, I am feeling, I don't feel, I have a big advancement' you have to get rid of all this. This is all part of the scenery. You have to go beyond them; it is all part of the scenery. You can't get rid of it, you simply have to focus on the 'I'. What is this 'I'? Focus on that.

- ❖ Sometimes the line between right and wrong is very faint. How to choose the right path?

Sri Sri: That which gives you long term benefit for a short term trouble is good, that which gives you short term happiness and a long term problem is bad. That's it.

- ❖ ISIS kills people with full awareness, and then can we say that the present moment is joyful?

Sri Sri: ISIS, they are doing something that is with wrong understanding. They think if they kill somebody then they are going to go to heaven, they think they are doing job of God. This is their conviction. How can you say it is a joyful moment? Don't stretch the knowledge or philosophy it doesn't make any sense! If you say no or if you say yes, present moment is joyful for them, then do you want to join ISIS? What is this question? There are many things to do to be in the present moment or not to do, to be in the present moment. These are all vikrutis, distortion; the mind says that's also present moment, why don't I do that.

That is why first Kshama, dama, titiksha, uparati, mumukshatva, unless until person is well founded in these four pillars of knowledge you cannot talk on Vedanta. Everything is God ISIS people are god only. If everything is Brahman then those people who are killing are also Brahman. Everything is come from Ananda bliss they must be coming from bliss too. This is misuse of highest knowledge.

Highest knowledge is not given to people unless and until you are all in this viveka, vairagya, kshama, dama, shat sampati, mumukshatva, all four principles are well established in you, then you can talk about Vedanta, then you can talk about everything is one, all are one.

In the ethics of teaching, it is said that don't give this knowledge that everything is Brahman everything is God to people who have not gone to that level of discrimination. Otherwise a thief can also misuse this knowledge. Everything is Brahman, my pocket your pocket what's the difference! Why do we say, it is mine or yours. My pocket is yours, why should I always put my hand in my pocket; I can put it in your pocket too! Pick-pocketers can all talk of Vedanta and get away with it! Everything is Brahman, don't make any distinction between mud and banana then you should be able to eat mud also. People many times use knowledge for their convenience. This is misuse of knowledge.

Knowledge gives you comfort but using knowledge for your convenience is unethical, but if you live in knowledge it gives you absolute comfort it gives you absolute joy.

- ❖ If someone puts a question in the question box, in your mind do you know who has asked the question? Are your answers apt for the person who has asked the question? Sorry for asking so many questions.

Sri Sri: Why you want to know everything, all secrets? What will you do? I will tell you all the answers, what will you do with all the answers then? Anyways you will go to sleep. With answers or without answers also you go to sleep.

You already have a question why to burden yourself with the answer also. An old lady used to sing a poem 'Humne tumko jagaya, tu to vapas so gaya. Maya ke bazar me naam kho

gaya' People sleep. Wake up. When you wake up all questions fall apart.

- ❖ Meditating is easy only when my wife is not in the house. How can I meditate in an environment where I cannot ignore people around me?

Sri Sri: It is the other way round. You should be able to meditate easily when your wife is around. At least you will get a relief at that time from engaging yourself in an unwanted conversation, you should do meditation. It would be peaceful for her, she will be happier and you too.

- ❖ Should Jallikattu be allowed?

Sri Sri: There are many things like that. If people are so compassionate, they should first ban all the slaughter houses and all the horse riding. You know in Rajpath there is horse riding, almost in every country horses are trained and tamed and people ride on the horses. Jallikattu is one such game and there are rules for it to ensure that you can never harm the animals, never go and play it having drunk. So these are all ancient type of sports, I don't see any big harm being caused to the animals through Jallikattu and in Tamil Nadu it has been there since centuries, for millennia, not even centuries.

Banning it creates more passion and persuading people not to play it is a different thing. The moment you ban it then people feel their rights are being infringed upon, their traditions are being disrespected. This is the issue. I am not for Jallikattu but I am not for banning Jallikattu as well. As long as they don't cause any injury to the animals, it's ok.

- ❖ Ganga is tied up in the 'Jata' of Shiva. If Ganga represents knowledge then what does Shiva's 'jata' represent?

Sri Sri: Ganga means knowledge. So much knowledge cannot be contained by a single person. Only Shiva can hold all the knowledge. Only the infinite can hold the infinite knowledge, but only a single stream can fulfill an individual. Like in a library there is so much knowledge but you only need a small amount of that knowledge that is available. You will only refer to the subject that you are interested in. Just one stream of knowledge gives you happiness. All of the knowledge will disorient you, frighten you. When Lord Krishna gave Arjuna Vishwaroopa darshan, Arjun started shaking he was so frightened. He requested Krishna to take His human form; he didn't want to see this form of the Lord. So knowledge is vast and infinite but only one stream of it will fulfill you.

- ❖ Are the children affected by the parents' deeds?

Sri Sri: Yes they are. A child is influenced by four things. 25% is of the Sanskaras of his past life, 25% is of the Sanskaras of his mother and father. 25% is of the environment that he grows up in, the company that he has and 25% is through the child's own self-effort, so this how the child is affected by different things. A teacher has a big influence on a child.

- ❖ Can we obtain the Gayatri mantra only from parents?

Sri Sri: Parents and Guru. You can obtain it from the Guru also. Just not from a tape recorder! It is good if you obtain it through the proper means and rituals.

- ❖ What is the meaning of 'Shri'? Does it mean money only?

Sri Sri: No. 'Shri' means the world, wealth, knowledge; it all comes in 'Shri'. Whatever is manifest is 'Shri'. The glory of the unmanifest, the invisible consciousness, is what is 'Shri'. 'Shri' is Varchasva (influence), Tejas (brilliance), Ayush (longevity), Arogya (health). Even health is part of wealth. Whatever is manifest in this world is all part of 'Shri' – water, earth, sky. Even your intellect, splendor, inner happiness, fulfillment is all 'Shri'.

- ❖ The unmanifest has an effect on the manifest. Does the manifest also have an effect on the unmanifest?

Sri Sri: Absolutely. One is Radha, the other is Krishna. The unmanifest loves the manifest as much as the manifest loves the unmanifest!!

22. Sri Sri Ravishankar in yesterday's Satsang

- ❖ "You cannot get rid of your sins, your problems. You should leave that to the Higher Self. That's what Krishna says. 'I will relieve you of your sins, you don't worry'. You just feel connected, that's it. Your connectivity makes it all happen. This is what Krishna says, this is what Jesus says, and this is what every Guru has said in the past. "What do You say about live-in relationships? No diplomacy please!

Sri Sri: I know only inner living! This has been experimented in the west and they are sick and tired of it. It doesn't lead anyone anywhere. There is neither satisfaction nor commitment. Life appears to be aimless. So many times one gets hurt. So the West has turned now to family values. Then how can we go on a machine that has already failed miserably?

- ❖ Why has the Creator created me so simple when he himself is so complex?

Sri Sri: Why are you asking such a complex question? If you are simple you should simply smile! Life is a combination of simplicity and complexity. Such is the program of life. It is a unique combination of the finite and the infinite. Discover the infinite in the finite, the unmanifest in the manifest. This is the aim of this human life. Just like you eat a banana and to digest a banana is a very simple thing. You eat a banana and it gets digested in 20 minutes, but if you really go into the mechanics of how the banana gets digested, it is startling.

First the starch gets mixed in the saliva in the mouth, then it goes through the food pipe into the stomach, then it mixes with the acid. Then it signals to the pancreas and the liver and the brain and then the enzymes are released and then that goes into the duodenum. All that gets digested then it moves into the small intestine, my goodness! Then there are bacteria in the small and large intestine that allow the digestion. It's very, very complex. So life is a combination of simplicity and complexity.

- ❖ How to overcome the fear of the unknown?

Sri Sri: Fear is always about the unknown that is why prayer helps. Prayer is also about the unknown. When there is Shraddha, Shraddha or faith is love of the unknown. Faith is when you love something that you don't know. When we are doing some Havana, we don't know what it is but we do it, because of that we faith we get some knowledge, fear is removed. To get freedom from fear, you have to be in love with the infinite. Or you should believe that there is someone who belongs to me, who will take care of me. When you create a relationship with the infinite then there is no fear.

- ❖ What are the good deeds that will help me get a good, pleasing personality in the next life?

Sri Sri: Don't give up; you can get a pleasing personality now, here. Don't give up and don't be disappointed! All Ashrams are there only for you to polish yourself. Come to Ashram and polish yourself, self-polishing!

- ❖ I am not able to forgive myself for the pain that I have caused to others.

Sri Sri: You don't have to worry about it. I will forgive you for that. You are ignorant that's why you caused the pain, it's not your mistake at all. You were ignorant; you never got this awareness at that moment. I take the responsibility, I should have taught you before, and then you would not have caused this problem. So it is my problem not yours, don't worry.

- ❖ I don't have any bad intention towards anybody, but still when I am in silence or asleep then bad intentions come to my mind.

Sri Sri: Never mind, they are just coming to go away. If it comes in sleep or dream, don't get scared about it, If someone is negative all the time, is it healthy to maintain distance from them. At any cost save your mind.

- ❖ Why didn't Gurudev pick me like others? What will it take for him to know my name?

Sri Sri: Come on, I ask you to move beyond name and form, that is meditation. My name, your name, drop all that. You are connected, that's it. I am always connected, anyway.

- ❖ I came here happily, now suddenly I have to leave the place. I don't feel happy about it.

Sri Sri: Don't get so attached to a place. The whole world is my ashram, know that. Every tree everywhere is part of our Ashram. It is ok. Anywhere you are, you are with me, the knowledge is there. That is what is most important.

- ❖ What is the limit of having material comforts in life?

Sri Sri: That is up to you. I would like to have the bare minimum. See, most of the richest people on this planet, they don't know what to do with all the money and they give it all away to charity. So you see what the limit of your comfort is. What is your age, it depends on that and I tell you, when you are dedicatedly doing some work, your comfort is taken care of by nature. You don't need to worry about it.

I tell my teachers also, even if you are in a forest, you will get all the food with 'kheer', dessert. You don't have to worry about anything. There is no dearth of anything! As long as there is knowledge there is always comfort and meditation is the absolute comfort. If that is there in the mind then everything is comfortable. Comfort actually gets created in the mind only. Discomfort is also in the mind.

- ❖ If we have to go through all the karma of the past, please tell me what is the use of doing anything?

Sri Sri: Not all the karma of the past but only some you have to go through. The karma of the past can be cut by the present karma. We can nullify the karma of the past by present good karma. For example, if you have a fight with someone because of that you have ill feelings. That is past, but now you can definitely rectify it. Go and shake hands with them. Both the sides forget the past. Ask them to forgive and forget. Then situations change. We

can heal the wounds of the past by the forgiveness of the present. That's why 'kshamavani' is there. In the past if we have sown babul tree it is not necessary that still you have to sit under the same tree.

Unknowingly you have sown the babul seed and now you know it is of no use. You can cut the babul and sow mango seed in the same place. You can do it. However may be the past, we can correct it now in the present. By talking to each other and by doing some good work we can change a lot. We cannot change some but we can change a lot.

When you prepare food if there is no salt you can put salt. If the salt is more you can boil vegetables and add and make it right. Is it possible to bring back a boiled potato to a raw, uncooked potato? No, it is not possible. Once it is boiled it means boiled. In the same way some we can change and some we cannot change. In South India they say the arrow took away the turban sparing the head. By doing all these practices the turban is taken away. Head will be saved. Otherwise you may lose the head itself.

- ❖ Why do you see the need for the Art of Living to promote specifically traditional music and culture why not pop music rock music or Bollywood music. Is there something traditional music and culture provides to society that contemporary music does not?

Sri Sri: There are many avenues to look at it. All music is good, traditional music has its own flavor its own dignity its own charm and that is being forgotten and we always try to uplift that which is being forgotten or which is being ignored and which is very important for the country, we take such projects. We took all those rivers that were ignored and we real most disappeared, to rejuvenate them. The rivers we took to rejuvenate all those were just in the books, were not there. So that needed most work, similarly the folks music today needed some support needed much needed exposure, that's one thing.

Second is when you have the traditional singers and musicians they slowly start losing self-confidence and this is another reason that we want to bring back confidence bring back the dignity of the folk music, traditional music and because its world heritage. I think we all have the duty to protect this world heritage so that they don't disappear from the planet earth. This planet had 27 different civilizations at one point, today hardly 3-4 civilizations survive. The rest are all gone. So we don't want our music to disappear, this traditional music to disappear from our planet and that is one of the reason we wanted to promote that. I can follow meditation, ideas but worshipping a person or idol.

- ❖ I get a repulsive feeling. To sit in a pooja or Satsang is very difficult for me. I am not sure what to do.

Sri Sri: No need to worship idol or anything. If you are meditating that is good enough. Meditation is main thing got it? A Rudrapuja is happening, a Homa is happening it is creating

a subtle thing, we don't know what it is. When you accept that we don't know what is happening and there must be something good happening from that, that makes a big change, because the effect of it we have seen scientifically. Have you seen the water has memory video? You don't have to see it in order to have faith in it.

When the chanting is happening it is like bathing in the mantras. See the same thing people used to say about mantras or meditation. 'Oh yoga, pranayama why do you want to do this?' People would feel uncomfortable. Even to talk about yoga people would feel very uncomfortable 20-30 years ago, but today people have realized that right?

Main thing is we should work on our own aversion. We shouldn't be averse to anything. We shouldn't feel uncomfortable with anything you watch that sensation. What is that? You know the sound effect is there. Music is part of life. That is very much necessary. It balances the right and left brain activity. I think that was the case with many of us in the beginning. Even to sing 'oh what is Radhe Shyam Radhe Shyam, how many times?' Your mind used to say no?

An aversion for repetition happens in the beginning because we have not utilized our inner potential, inner faculties. When harmony dawns, then you will find the balance. Any number of times 'Om Namah Shivaya Om Namah Shivaya' it feels good because every sound has an impact in the atmosphere. The 'Na' 'Ma' 'Shi' 'Va' 'Ya' - 5 elements. This is a time tested thing from long time and when people have used this and saw this has an impact on the water.

You play rock music and see how the water droplet reacts for it and when you chant 'Om Namah Shivaya', Sanskrit verses how water crystals get formed so perfectly, it is something very amazing. So today even Science has shown that singing and chanting is very beneficial to our system. Sound therapy is there now. It's a new thing that is happening in many places; light and sound therapies, but there is no compulsion on that. You see one day you will definitely feel at home with all the sounds, chantings.

23. Sri Sri Ravishankar in yesterday's Satsang on 12-Jan-2016

- ❖ I am too content. This has made me lazy. How to ignite the spark in me?

Sri Sri: Well, it has already happened. When you want to get ignited, know that it has already begun, the process has begun. Just take any one seva project and then just jump into it.

- ❖ When I came to this path, I felt I knew why, now after more than 10 yrs I don't know. What is happening?

Sri Sri: That's good, that's ok, and that's a stage. There is one 'I don't know', which is an ugly

'I don't know'. When you are upset, angry and somebody asks you something, you say, 'I don't know. Don't ask me'. Life is a journey from an ugly 'I don't know' to a beautiful 'I don't know'. So it's good that you are on the way. Just hold on. You are on the right track. I think you have too much time analyzing yourself! Get busy; we have World Culture Festival coming up.

- ❖ How do I overcome jealousy? I can see it rising in me.

Sri Sri: Know that everything is going to finish one day. That's it.

- ❖ I regularly revisit past sorrows to be centered. Is that right to be in the past?

Sri Sri: No need to sit and recollect. Do meditation.

- ❖ Why doesn't God live in the present moment and forget all the past karmas?

Sri Sri: God lives only in the present moment and the present moment has all the past and all the future.

- ❖ When a person is good in the current life, why should they suffer for all the past karmas?

Sri Sri: Just understand, you have cooked the food in the morning, by afternoon you have forgotten and the food is very spicy. Now you say, oh why it is spicy! I have put spice in the morning, why should it be so hot now? My dear, you put so much chilly in the morning and by lunch time you put it in the mouth and it is burning. It is the law of nature, my dear! You ask this question only when it comes to trouble. You have invested some money and today it is giving you a lot of benefit, you don't ask me why this benefit, why am I getting money now!

You sow a mango seed and today it is giving you so many mango fruits. You planted a coconut tree and today it's giving you a coconut every day. Why don't you ask, why is it giving now, I didn't sow any tree now! I didn't plant a coconut tree, why is it giving me coconut now? You till the soil and you plant vegetables, and today you are enjoying the vegetables. Why don't you ask me, why doesn't God live in the present moment, why is giving the 'lady finger' and the beans that I sowed three months back.

Come on, wake up. Children are not born in one day. It takes 9 months for a child to be formed. So time is part of this universal phenomenon. In fact a phenomenon cannot happen outside the dimension of time and space and any phenomenon is karma.

- ❖ I was abused physically, mentally and emotionally. I am unable to erase those painful memories and still have to deal with these people who have abused me. What to do?

Sri Sri: I want to ask you. Forget about those abuses. Haven't you caused some pain or problem to someone else? You have. Whether knowingly or unknowingly, willingly or not, intentionally or unintentionally, haven't you caused some pain to others? If others hold it on for their lifetime and go after you, how would you like it? My dear if someone has abused you they have been in pain. They were not in knowledge, they were ignorant, and they were egoistic. So it is because of ignorance, because of some hurt they have inside them they have caused that. See it from a wider angle lens; see it from a different perspective.

You will feel 'oh they are ignorant people'. You will understand that they have no knowledge. They are not happy. A happy person will not come and harm anyone else. If someone is harming others it is because they are not happy, they are not centered, they don't know. Consider them as sick people. Do you get angry at sick people? When people are physically sick, do you get angry at them?

Similarly people are mentally sick, spiritually sick, and emotionally sick. If you keep grudge against spiritually, mentally, physically sick people you will also become one amongst them. You get sick. For your own sake you should let go and move on. See when you get hurt it is not just the other person, it is your ignorance, your naiveness, you have not been intelligent enough, and you didn't have the intuitive ability to move out of it. So take a little bit responsibility on you also.

If you have been strong and if you have been careful nobody could have abused you. Now common take a little responsibility on you. You would not get into such company. You got into such company somewhere we have made some mistake. So when you see a situation from a very different perspective, you would become calmer.

Forgiving others is not for their sake, it is for your own sake, for your mental health. Otherwise that person is anyhow going to die. You don't have to take the trouble of sending them to heaven or hell. They will anyway die, but if you send them earlier, you will have to go to the prison. Just remember, they will go at their own time, in their own train or flight ticket. They have their time to go. If you hurry up and them quicker in an earlier train, you will be stuck in prison for the rest of your life.

Wake up & get into the spiritual path. It is there. There are people who are violent, there are people who are abusive, it is part of the world. If you why thorn is pricking me, it is pricking because that is what is thorn. You better not keep your hand on it. You are not being careful is a fact in you getting hurt. If you take a little, at least 5% responsibility on that, your mind will be at peace, but if you find everything is their problem, other person's mistake you are only harboring them in your mind, in your head, in your heart and you will keep boiling this and I tell you, you will not be any better than those people, and I tell you, you will be harming your surrounding as much as those people without your own knowledge. That's

why we should be aware.

Whatever happens to us we should also take responsibility. Yes others are at fault. If new footwear is biting your foot and you start biting it back, there nothing more foolish than that. Forget all that. Life is short. Empty your mind. Harboring them in your mind, what will you get? The world is large. There are so many people. There are so many things to do. There are good people, bad people, and all kinds of people. There is everything here. Keeping all this attachment, aversion, how long will you live? Where will it take you? If you hurry and send them faster to hell or heaven your station will change. Lot of foolish people have done it and landed in jail.

Today only they were showing in television. A daughter-in-law has beaten up her mother-in-law. Even animals are not beaten like that. It is just about words. Earlier mothers would pray for good daughter-in-laws. Now they have started thinking, if she comes God knows what she will do? Daughter-in-law will come and in 2 months she might give a police complaint. The female's wards in jails have old ladies from good families. If you saw them you would never feel this lady could have abused her daughter-in-law. Daughter-in-laws write dowry cases. It is difficult to tolerate at home so they put them in jail.

Food they get at home, they will get in jail also. Mother-in-laws are doing bhajan in jails. You will have tears in your eyes. Our courses were taking place in Pune jails, they invited me there. They took me to the female ward. 70, 80 year old females are sitting there sad. It is a pitiable situation. The son put CCTV camera and realized the wife is beating the mother.

Until spirituality is practiced in life, such things will keep happening. Between wife and husband, between mother and son, these things will keep happening. Just because you got your children educated don't thing you have given them a good life. Unless you imbibe the culture, the humanity, they cannot be happy. Neither they will be happy nor will they make people happy. This also you have to teach them. How to contribute and how to keep themselves happy, that is why all this spirituality, this initiation.

- ❖ I'm always amazed of so many languages in the world and which language is the first and how these languages were born? Tell us the story about languages.

Sri Sri: Search on Google. There are so many linguistic societies. They will tell you, but you will not believe all the theories as gospel truth. You don't need to insult and read a little. One thing is obvious, what we know is Sanskrit is the mother of all Indian languages and if you go a little deeper, English language has its roots in Sanskrit and we have learnt that many schools, colleges are teaching Sanskrit. In Germany too, they are teaching Sanskrit in many universities.

Many schools teach their children Sanskrit. So, which language came first which language later? Whatever language you want to learn, you learn, but there is something beyond

language, learn that. That is non-verbal communication. Your vibes convey what you really want to convey and you can communicate from your sixth sense. We have intuition process in which our kids are doing amazingly. They can sit here and tell what is in the next room. They are getting all these abilities. So, go on that long verbal communication levels and that is through meditation.

- ❖ If all actions are born out of infinity, why don't we experience infinity in every action and a connection with you? Please make it possible.

Sri Sri: Ok, ok, this is a request! You are on the right track. Infinity is something that you cannot escape from. If you are able to get away from infinity, it means that it is no infinity. Or you have an illusion that you have got away from it. Can you ever move away from space? Impossible, you are in space and you don't make a mood every day, 'Oh, I am in space, I am in space'. Just be natural. You know you are in Bangalore and every day you don't have to remind yourself 'oh, I am in Bangalore, I am in Bangalore'.

There was an incident which happened. I was giving a talk in Switzerland. Some of our devotees there were having some tea in a restaurant and they met with another couple and the other couple said that they were also in another course. The wife said that the husband wakes up in the morning at 2:30am and sits in his bed and goes on saying 'I love myself, I love myself', at 2.15 am, and loudly. After that the wife would do it at 2.30am. Our people just smiled and said we don't need to do that, we know we love ourselves! But when people do this they really become crazy! If you love yourself, you really don't have to go on chanting 'I love myself, I love myself'.

When they came for the evening program, I told them one thing, "you are in Switzerland, but if you go on chanting, 'I am in Switzerland, I am in Switzerland', suddenly you will get a doubt, 'Am I really in Switzerland?' This is what happens. We really doubt that we really love ourselves! It's impossible not to love yourself, because you are love. Love is not an act; it is what you are made up of, my dear. I think from the next day onwards they had peaceful sleep! There are many of these affirmations. These affirmations can lead you into this sort of craziness.

One you know you are in Bangalore, you know it, that's all and if you keep on repeating to yourself, 'I am in Bangalore, I am in Bangalore' what will happen? You are in Bangalore but you will land up in NIMHANS, mental hospital, straight away! So you figure out you are in infinity, you don't have to repeat 'I am in infinity, I am in infinity'. Just relax. It is impossible not to love yourself, because you are made up of love.

- ❖ How does the peace of mind help in solving problems?

Sri Sri: Whatever we do in an emotional state, leads to regret later. When the mind is calm

then the intellect becomes sharp, our perception is right then. Whatever thoughts arise then are completely aligned to the larger goal.

- ❖ How can we find a solution to the problem of religious extremists?

Sri Sri: It is unfortunate. God never grew only one type of vegetable and said everyone has to it this one thing! This creation loves diversity. There are so many different species of cows, dogs, birds. There are so many different types of birds and flowers and vegetables. In this situation, if we want everyone to follow one religion, that is stupidity. They have misinterpreted the religious text and created havoc. We should not tolerate this.

It has to be stopped through any of the four means of 'Sam, Dam, Bhed, & Dand'. Religious leaders should resort to Sam and political leaders should resort to 'Dand'. Political leaders should not resort to Sam and religious leaders should not resort to 'Dand'. Everyone should use their own means to find a solution to this. I have faith that this will come to an end.

- ❖ When I listen to new knowledge then the mind becomes fresh and motivated, but when I do not have new knowledge then the mind becomes tired. What should I do in that case?

Sri Sri: You should follow me on twitter. I keep posting 2-3 times a week some new knowledge. If you don't follow me, you can do so at Sri Sri. Also I wanted to share with you how The Art of Living. Do you know who motivated me to start the organization? Justice VR Krishna Iyer. He used to come to me and sit. He was an Atheist, a communist. He would stay away from God, spirituality etc, but when his wife passed away, he became inquisitive about where she went and what is life about. He said he was always immersed in books and he never raised his head to think about life. Now that a walking talking soul just vanished then where did she go and how could he communicate with her, this feverishness to know brought him to spirituality.

He came to me in 1978-79 and then he kept meeting me and then in 1981 he asked me to start this organization to spread this knowledge. At that time I never thought that I should build an organization. I would just share the knowledge with whoever I was around with. I had prohibited printing of any publicity material. At that time Justice Bhagwati, Justice Krishna Iyer and vs Laxman Rao who was the CEO of Bangalore City Corporation and Chief Secretary of Karnanata, Narsimha Rao, they asked me to start this organization and they became the first trustees of the organization. So this is how the Art of Living started by the initiative of these people as they felt that the world will get benefitted through this knowledge that I am sharing and that is happening today.

- ❖ How will we differentiate which of our actions are due to past memory patterns and which are happening in a natural state, spontaneously?

Sri Sri: 'Drashta Swaroope avasthanam'. You are seeing me. I am the scene and you are the seer. Detatch yourself from the scene and bring the attention back to yourself. How will you do that? Close your eyes and bring your attention to your eyes, and your breath, your body and eventually you will notice that this body is also the scene and I am behind it, the mind. What is the mind? Through which you are listening, through which you are seeing. Your eyes are open, ears are open but if the mind is elsewhere you will not understand.

The instrument through which we experience is the mind. The instrument through which we experience see, listen, smell, touch that is the mind. Whether it is right or wrong, that which decides is the intellect. I have seen this before, I have heard this before, and this is the memory. Subtler than this is the feeling of 'I am'. When you are neither completely sleeping nor completely awake, at that time the feeling of 'I am' is the ego. These are the four inner instruments through which work happens. Through ego also work happens, ego makes people work. Bad ego creates trouble, for oneself and others. 'Antahkaran chatushtaya' the four types of inner instruments.

When you keep dissociating from all this you realize that everything is changing but I am not changing. What is changing you can obviously understand but that is not changing you can only feel, not understand. It is beyond the intellect. You can feel it, but cannot understand it. You can see the blue sky but you cannot catch it. That is why the consciousness (Chit) is related with space (Akash) 'chidakash'. You cannot catch hold of the consciousness and measure it as 1 liter, 2 liter, 1 kilo, 2 kilos.

The word 'maap' (measure) has come from the word maya. Maya is that which can be measured. You can measure what you see, you can measure what you taste but peace cannot be measured, love cannot be measured. What cannot be measured is beyond maya. So the space inside you 'chidakash', you cannot measure it but you can feel it. You cannot understand Shiva but you can be immersed in Shiva Tatva. You can recognize Shiva Tatva.

- ❖ I am Lawyer and want to do Seva but I cannot come to ashram and do so, but whatever you tell me to do I will do from wherever I stay.

Sri Sri: Please do. If you serve the society, you are serving me. Take 3 cases of such people in a year who do not have the capacity to fight for their own justice. Help them get justice and that will be my Seva.

- ❖ I noticed that teenagers are having a harder time to identify the intuition process. Why does that happen?

Sri Sri: We have started a new process here by which children can read, see blindfolded, they can see through mind's eye. Teenagers find it more difficult because in teenage there is craving and aversions, this starts in the mind. The mind loses its simplicity, it becomes little more complicated, and there is more anger and all that stuff, but for a child the mind is still very fresh, the mind is able to perceive beyond the eyes, perceive through the sixth sense. So children are able to read with blindfold and are able to guess what is in the next room. It is phenomenal. This is going to revolutionize education system in the world.

- ❖ How can we bring India back to how it was before with equality, education and prosperity?

Sri Sri: Back to track. I think it is only through wave of values; wave of spirituality the transformation is possible. I want to tell you one example. See the Kumbhmela happens in Allahabad. If you go to kumbhmela crores of people come there. Millions of people come there and no theft. There is no indication of any violence. People are following Dharma. There was an incident I wanted to mention. Once I was in Allahabad for Kumbhmela, I went there for 3 days. It was very very cold in the month of January and me and around 50-60 volunteers went to distribute blankets at 11 pm. Then there was a youth who was really shivering and we gave him a blanket. You know what that youth said?

Guruji I can manage I don't need it but there are these old people sitting please go and give them. Still I am young and I can manage the night another 12 hours, I don't need it you first give them. If anything is left then I will take. In India even today values are alive. Respecting others, caring for others these values are still alive in our country. We just need to bring them out to the surface. That work we all should take up.

- ❖ In spite of having many rituals from birth to death in Hindu culture, there is no ritual related to divorce, but nowadays there are many cases rising about divorce, rate of divorce is increasing in society, what do you think about this?

Sri Sri: Nobody has taught them the art of living, the way to take care of mind, the values to live in harmony with people around. We have removed spirituality from education system, because of which it is difficult to manage life without any values in it. They will fight with each other; they will fight with themselves & fall into depression. One gets ill by fighting with their own self which gives rise to physiological diseases like schizophrenia, bipolar disorder. So it is necessary to know how to take care of our mental health. This is not related to religion, this is something higher than that.

- ❖ There is a need of will power in political field, is there any way to make politicians think about real needs or issues in society?

Sri Sri: I would like to mention one thing, when you talk to politicians about this they say it is not in their control it is totally under court order. They cannot execute any new law. As soon as the new law passes people go to court and they bring stay order in. Politicians can't do anything about it. Politicians feel they can't bring out the change in the country only court can do it.

In our country media, judiciary & politics are independent. When politics becomes business then starts the downfall of country. One should not take a politics as business rather politics should be done with a feeling of sacrifices & service which will help in raising political standards. People have a very low opinion about politicians & so they don't want to vote.

In Iraq about 30 political leaders from different parties have done Art of living program. After finishing the program they felt that this is what they were looking for, this what all of them were fighting for, now 100s of them want to work together. They called a peace conference and they invited me to address the parliament. I went there and addressed all people in parliament. Our teachers are working in Iran. Last week 3000 people did the Art of Living Program and felt joy & happiness in their life.

Similarly when I went to Colombia & received the award I had formal meeting with president. Five minutes meeting was lasted for almost an hour. There president shared his dilemma about taking military action against terrorism in the country. He said if takes military action 40000 people may lose their lives. There I suggested him to take a chance as I am going to Cuba I'll meet all naxalites out there. I went I met people and discussed with them weather whatever they are doing is to remove poverty then they can do it with peace. If they are doing it with peace instead of violence then we are with them.

After 3 days of discussion they got ready for unilateral ceasefire. Government & media were not ready to believe naxalites stand. Then we discussed with government for another one month and government got ready, called ceasefire & started discussion. Last week resolved issues through discussion & signed the justice for the victim bond.

We can bring the change in one's negative mindset. It is not about what is being said it is about who said it. When they found that I have personal concern then they could believe me. Mistrust creates a gap and where there is trust it is a different story.

24. Sri Sri Ravishankar in today's Satsang on 27-Dec-2015

Sri Sri explains a popular Kannada song - You have built your house in the forest and you are scared of animals, what can you say. Similarly you have made a home on the seashore and you are scared of waves! And you have built a home in the midst of a marketplace and you

say I don't like noise, and then there is no solution for it. Similarly when we are born on this planet, some people praise you, some people pass derogatory comments on you. Some will blame you and you should shy away from those things, be a little thick skinned, that's what this song says. See such wisdom has been in this country among the common people. This is all common sense.

Now we will take Question and Answer

- ❖ Could you please explain the types of Yagna mentioned by Krishna in Gita?

Sri Sri: Yagna word has three components – Deva puja, recognizing the Divinity, the divine qualities in things, in people, honoring them. Sangati Karana – taking everyone along with you and then Daana – means giving, sharing, taking everyone along with you and then honoring the divine qualities. These three things become Yagna and similarly Bhoot Yagna is caring for the environment, Pashu Yagna means caring for the environment and Pitra Yagna, honoring the ancestors, parents, Brahma Yagna means assimilating the knowledge in life and sharing it with everyone and Japa Yagna is meditation. Collectively if we sit and do something that is Yagna. Alone it is Japa but when all of us are sitting and meditating that Dhyaan Yagna or Japa Yagna.

- ❖ Ramana Maharishi says everything is predestined and Swami Vivekananda says you are the creator of your own destiny. Please explain!

Sri Sri: Yes, different perspectives. Life is a combination of both destiny and free will. For example, your height is your destiny, you can't change it. After 21 yrs your height cannot be change, but your weight is your free will. You can weigh 100, 50, 60 kilos, that is your choice and if you are weighing 200 kilos and you say I cannot change, it is my destiny, no I won't accept that! I will put you on a tread mill and a diet. See how you will become in one month's time. Raining, it is destiny but to get wet or not is your free will. So life is a combination of both, it is not one or the other.

- ❖ How do we know what to choose?

Sri Sri: There is proverb in China which says, if you are confused take a pillow and go to bed. Don't tell me you have to be in bed all the time because you are confused all the time! The choice is always between bad and worse or good and better. So just relax!

- ❖ I feel surrendering is like cheating. I feel I should go through struggle rather than abandoning my problems. What are your thoughts?

Sri Sri: Prayer is spontaneous and it is natural. Suppose you are compelled to sit for 10 hours you say please let me get up. That 'please I want help' comes from the depth of your being. When you are desperate, when you are helpless, when feel all doors are shut, a cry comes out of you and that is what is prayer and it happens, you can't make it happen nor can you stop it from happening. It is a happening. That's why it is called Keerthana.

Arthana means crying in rhythm. Crying is the voice that comes from the depth of your soul. It can be of gratitude, it can be of prayer, it can be both together. That's why the songs which are sung which such deep emotions are called Keerthanas. Arthanas is crying in Sanskrit. Aarthi means one who is suffering.

- ❖ When people are mean to you is it ok to think that nature will teach them a lesson?

Sri Sri: Again here, because your emotions are so deep, it can come either as a prayer, 'God you only do something' you feel helpless. Now if you are a little wiser, you know what you will say? You will not say punish them, you will say teach them a good lesson, give them good 'buddhi' (intellect), it is said in a song, 'sabko sanmati de bhagwan', let everyone's intellect work properly. Best form of prayer that we have been having in our country is "shatru buddhi vinashaya" the intellect which has animosity let it go. The person is not bad but their animosity in the intellect is what is causing the whole problem. So that quality in that intellect should go. This is why we light a lamp.

While lighting a lamp this is the mantra we usually chant "Shatru buddhi vinashaya deepam jyothi namostute deepam jyothi parabrahma deepam jyothi parayane". Let that intellect which has negativity go away. That's really very wise thing to do. Just look at yourself only. If you have caused some problem to somebody, suppose someone is praying that you should be punished how would you feel?

- ❖ Everything is fine in my life I don't know why I have an unknown fear of the future?

Sri Sri: Intellectually you have understood everything is ok but on the level of emotion, on the level of sensation still something is happening. This is exactly where you should realize that meditation is far ahead of just intellectual thinking or mental notions in the mind. So meditation can bring that shift.

- ❖ I keep having lot of conversations with lot of people in my mind. Things I would want to say but have not said. How do I overcome this problem?

Sri Sri: Take a paper and pen and write them all down. You know once you write them down you will have some sort of relief in that, in the mind. What are those thoughts that bother you? Those thoughts which want to find an expression. You are angry at somebody you just shout at them you feel calmer, happier. Haven't you experienced that? How many of you experienced this? Something is bothering you, you want to take the phone and just yell at them in the middle of the night.

Once you did it then you can have good night's sleep. If you have not done it all night you are going to think tomorrow I am going to say that to that person. So what is it? The thoughts have arisen inside of you, it wants an expression. Now you have a choice. You either take a phone and shout at them or sit down and write them down. You write a letter to them and don't post it immediately.

Next day you read it you will feel most of it is rubbish. You would not like to send it at all. In the course sometimes I used to give this technique give 15 seconds gap before you sign a letter. So one gentleman told me the other day "Guruji this technique you told in the advance course has helped me tremendously". I said what happened and he said it saved my life. How? You know I was so mad at my boss I wrote him a very nasty letter and when I was going to sign and send it your words came to my mind that wait 15 seconds so I stopped for 15 seconds and then I read it once again and I couldn't sign my own letter. It saved my job. So most of the things we do which we regret later have all happened because of unconscious mind, happened because we were not alert, we were not conscious enough. So if you are conscious, if you are alert then you will see things from a different perspective all together.

- ❖ Chanting mantras in the mind is right or chanting it aloud is right?

Sri Sri: First you chant aloud and then in the mind and eventually we should drop it from the mind also. This is the method.

- ❖ If every good thing you do has obstacles, what to do?

Sri Sri: 'Shreyansi Bahuvignyani'. There is saying that the work is good that's why there are so many obstacles. You have recognized it is good work then don't drop it. Keep doing it. It will keep happening.

❖ People say if we meditate 7 generations attain freedom. How is that?

Sri Sri: Don't worry about the moksh of the ones who have already left. Who will come how they want to spend their life is their problem. You are here now, empty your mind. The universe is infinite and there are infinite secrets and their explanations are also infinite. It's a wonder! Every atom is filled with knowledge.

It is said there are 4 levels of speech. What we speak is called 'vaikari' the fourth level of speech. It is always linked with breath. Now subtler than this is the thought process in the mind, it is on the thinking level and on the feeling level. This is called 'madhyama'. Finer than that is another level that it is on the vibration level you feel it. All these animals they are all connected on that level. You are connected with the animals, birds, trees everything. There is a subtle level. There is a fourth level called 'para' level it is a cognition level. The sages went in deep meditation they cognized thousands of years ago they said Jupiter has 12 moons, all the planets are going around the sun.

All this, what we could today gaze with very powerful telescopes, people have said it millions of years ago. How come it was possible? This universe has so much fauna and flora and some 5000-8000 years ago they said which herb is for what part of your body. The materia-medica was made as poems. The only materia-medica which is in the form of poetry in the world is Ayurveda. It is all in poems. The whole of Ayurveda is in couplets, poems. It is not prose form. These were all downloaded. Knowledge download that is 'para' level. So the level of speech that we speak is 'vaikari'.

"When we say 'aaa'. how long can we say? Until the breath flows, but if you say 'aaa'. in the mind you could say it till infinite time. Like that I'll give you another challenge. Say 'ka' without saying 'a'. It is impossible. Can you say 'cha' without 'a'? No. When you try to say it, meditation will happen. Something happens inside in our consciousness, in our brain and everything stops; everything stands still for a few moments. That is very important. That is when our brain is rejuvenating itself.

Our consciousness is rejuvenating itself. This is meditation, when everything stops. In sleep what is happening? All the activities are coming to a standstill, metabolism goes up but mind quietens down. Meditation is when you are conscious and yet quiet. Now try to say 'ka' without 'aa'. Notice what is happening. You will suddenly find certain calmness dawning in you. Mind is becoming more still. There is so much deep knowledge in this.

We have to go on contemplating on this and more and more get revealed to us. When you are surprised, when shock happens, that is called 'Chakit Mudra'. This means you are in surprise. The surprise is the preface for Yoga. So when you wonder about all the beautiful things in the creation, some things happens to you. What is that? The chattering mind stops and the union with the cosmos happens and that is what is real yoga".

- ❖ Intentionally or unintentionally the good and bad deeds we have already done, can we nullify them after taking birth on this planet?

Sri Sri: One can. Om Namah Shivayah will eliminate all our bad deeds. Pranayama eliminates all negativity. Just chant Om Namah Shivayah and pray, no need to do anything else.

- ❖ They say we must dream and strive to make those dreams a reality. So how far are these ambitions helpful?

Sri Sri: Have big dreams and make them a reality, but after that you relax. There two ways. When people have a lot of energy we ask them to work. Those who are tired after working hard, we ask them to relax. Both are right. We say 'Pravritti' and 'Nivritti'. When you need Pravritti and when you need Nivritti you should know. That is discrimination. With discrimination all work gets done properly. Without discrimination everything goes wrong.

- ❖ Is there any relation of Lord Krishna to Vibhuti yoga?

Sri Sri: See there are many concepts. Many ways of explaining the one thing, Krishna says, 'I am beyond fire, air, ether but people think I am a human being but I am the consciousness. I am the manifest consciousnesses. That's what Krishna says He is. The 'Chaitanya shakti' or the consciousness is Krishna. That's why in Vibhuti yoga, Krishna says wherever you find something beautiful knows that it is me there, because of me there is strength in the strong, because of me there is intelligence in the intelligent, and because of me there is beauty in the beautiful. So I am the cause of everything. That consciousness is Krishna. Among the Rudras I am Shankara, I am Skanda, I am Karthikeya, I am everybody and among Pandavas I am Arjuna also.

Krishna Tatva is in everything, in everybody. That's why who is an intelligent person? One who sees me in everybody and everyone in me is really an intelligent person. I will always be available for him.

- ❖ What is the meaning of 'Asangoham'?

Sri Sri: I am not this. I am not the sensation, I am not the thoughts, I am not the body. I am here as a witness, I am not there. That is what 'Asangoham' is.

- ❖ Why does the Universe exist?

Sri Sri: It exists so that you can ask this question. What is it you want to do with the answer? You should ask what I should do here rather than why it exists! Why is the sky blue? Why is

water flowing? Why is fire burning? These are irrelevant questions. Why do human beings have two eyes? Why two holes in one nose? That is what it is!

- ❖ Whatever I do it all goes haywire. Please give me the strength to live my life in peace. Mentally I am disturbed; physically and financially also things are not going well. Please give me strength.

Sri Sri: Stop feeling whatever I do goes haywire. When you put food in your mouth does it go into your ear? It's going in your mouth only, right? You spoke now, that didn't go haywire right? You expressed your feelings. We sow a seed in the mind that whatever we do goes haywire. It is not like that. Some things you do with ambitions that are why they go wrong. You plan too much and do then things go wrong. If you took 8 tasks in hand and even if 7 go wrong at least 1 has been successful.

We should not think everything I do goes haywire, because of ignorance, say something went wrong, learn something from it. We don't learn. This is the problem. When things went wrong we didn't learn. We convince ourselves that we are right. Then things keep going wrong time and again. Then there is another extreme like you. They decide everything they do is wrong. People don't look for the reason; they keep assuming everything they are doing is going wrong. This is also not right.

Follow the middle path. One should not think what I am doing is right even when things are going wrong, this is wrong or whatever I am doing is wrong only, this is also wrong. We should follow the middle path. What went wrong we should learn from it and move on and move on with this faith that God is with us and he won't let us lose? Have this faith that no matter what there is victory. In every challenge there is a destination, there are steps to progress. You should move on with this faith. Follow the middle path. Look into yourself. Life has given us a lot. Some problems also we had to face. All that keeps happening. For every problem you faced, you always had a helping hand which uplifted you. Didn't it happen? Tell me? Help kept coming to you. That is why you should live with gratitude.

- ❖ If the body is the wick and the mind is the glow, then what is the wax?

Sri Sri: Time and karma.

- ❖ Can I change the cycle of my life?

Sri Sri: Definitely you can change. Life is not all predestined.

- ❖ How do you think I should celebrate my birthday?

Sri Sri: On your birthday you should remember that before these years we were the eternal soul and now we took a body and one day we will be back to how we were before. We should celebrate. We came as a wave from the ocean and we are in the ocean only. I am the eternal soul and I belong to the Divine, meditate upon this.

- ❖ How to remember the Guru all the time, not just when pain or suffering arises?

Sri Sri: When you are happy then you be grateful. So then you remember God when you are happy and when you are unhappy then you remember God because you are praying to get rid of the pain. These are the two occasions when your prayer is very authentic. When you are totally grateful or when you are suffering. So these are the times when prayer happens, other times meditation happens. Every time you don't need to go on remembering. You are in Bangalore, you don't need to go on remembering 'I am in Bangalore, I am in Bangalore'. You take it for granted that you are in Bangalore and that's it. You live your life. Otherwise you will create a split in the mind, you will get split personality! No need to remember all the time.

- ❖ I am here for the teacher training program, my family and friends are scared that after doing it I will lose my connection with them. I too am fearful of that.

Sri Sri: Here your connection does not break, it becomes stronger! You tell them that you will also get them here. Yes if your company is not good then you will definitely loose the connection. If your friends drink then you will not be joining them for that. They should be scared that they will lose their drinking habit.

- ❖ Should not majority of the parliamentarians be from Art of Living for a better world?

Sri Sri: Everyone needs The Art of Living, inside or outside Parliament or on the streets.

- ❖ When we look at people who are suffering we feel we are fortunate or feel sorry for them. Is that bad?

Sri Sri: You have no control over it. Comparison or compassion arises spontaneously. You don't have to label it good or bad, that's how it is. It's ok, whatever feelings comes at that moment it is ok, but don't act simply on your feelings see it through your intellect.

25. Sri Sri Ravishankar in yesterday's Satsang on 8-Dec-2015

- ❖ Sometimes I go into some other world of imagination. Is it a mental disease or a tendency of the mind? If it's a disease, how to cure it?

Sri Sri: It is the nature of the mind to wander. Focusing on the Self will stabilize it. When you are aware that your mind is wandering, you have to bring it back. You should bring it back into meditation.

- ❖ So much time has passed but still I couldn't get of my negativity.

Sri Sri: You making an effort to get rid of your negativity is the reason it's holding on to you. Just drop it and you will find peace.

- ❖ They say we all have taken a body crores of times. May I know who you were in your past life?

Sri Sri: With time you will know.

- ❖ I am unable to do Satsang. Even if I meditate my mind wanders into negativity. Even if I am with you and free over here I feel I am unable to do it. Why?

Sri Sri: Its takes dispassion to meditate. You should feel that this is all a dream. Then you will be peaceful. Pranayama stabilizes the mind. Stability comes with merit. If you are unenthusiastic your mind will wander. If you have found the juice in bhajans and mantras, there are many ways of doing it. I have elaborated all this in Advance Meditation Program. Just do this program 2-3 more times, it will happen.

- ❖ What are the reasons a person can come out of the spiritual path? Sometime back I felt I am Love and everything is me. How can I have this all my life?

Sri Sri: Well, don't worry about it. Take it all as one experience. Your true nature is Love. You can never go away from it. Some clouds can come in between but that is only temporary. You feel you have fallen you have really not fallen. That is temporary phase, a transition you are going through.

- ❖ I have forgotten to laugh from the heart. To bring back the laughter what can I do?

Sri Sri: You are in the right place.

- ❖ When somebody asked me about the World Culture Festive I told them that their strong impressions will get erased with the influence of high positive energy during the festival. Later I felt may be that is my concept. Kindly explain the knowledge of the festival.

Sri Sri: A bigger event definitely brings a bigger impression on the mind. A festival is where everyone comes together to express the joy of life. Just tell them to come that's enough, you don't have to hard tell someone you must come otherwise you will miss the boat. Nothing like that; If it is convenient for you come, if it is too much of a stretch no need you can sit in front of the television and watch. No need to force someone to come, generally ask people to join. That's the best thing.

- ❖ If we are immortal and eternal, why so much pain in life?

Sri Sri: The question 'why' is always attached to pain. You never ask why there is so much joy, why there is so much beauty, have you ever asked that? No. You only ask why there is pain? Right? So, the pain is there so that you can go in and realize the source of life. So you can get detached. Even if there is so much pain you don't get detached, if there is no pain there is no way you will be detached?

- ❖ First it is said everything is Shiva Tatva then it is nothing is. Please explain.

Sri Sri: There are two methods. One is analysis and another is synthesis. In analysis you say I am not this, I am not this, I am not this, that negation. You go to the core of existence. That is what he said 'Na bhoomir na jaapo Na tejo na agnir na vayur chidananda roopah shiviham shivoham'. I am not this earth, I am not the sky, I am not the water, I am the Shiva Tatva. This is one way. Another way is I am this, I am also this, I am also this, I am also this. 'Sarvam Khalvidam Brahma' all this is Brahman.

'Sarvam Shiva Mayam Jagat' this whole world is full of Shiva. This is another way. This is also correct, that is also correct. They are two methods that's all. First you say not this, not this, not this and then you say everything is one.

- ❖ What is the relevance and significance of Vanaprastha Ashram?

Sri Sri: It's very important. Today, Vanaprastha is very, very important. You have lived the life for yourself, now you have to live for society. There are four Ashrams. First twenty-five years is student life. In this student life, you do not seek pleasure or comfort, because if you seek comfort, you won't get knowledge. So either you are a seeker of knowledge or a seeker of comfort. So twenty-five years is the hardship of learning. Students in any discipline find it very hard to study, at least for the first year. Talk to any engineering student of first year or medical student in their first year, they find it so difficult. Once they go through it and

endure the difficulties then it gets better. So that is twenty-five years of hardship of a student life.

There is a beautiful proverb in Sanskrit that says if you are seeking pleasure, then how can you get wisdom and if you are seeking wisdom then where is there pleasure for you. Then next twenty-five years is Grihastha Ashram, it is time for your enjoyment. From twenty-five to fifty years, that is the time to get married, have children, and have a household life.

After fifty, twenty-five years is Vanaprastha Ashram, from twenty-five to fifty years. If you don't want to start at fifty, you can start at sixty also, after retirement. After retiring from work, you still have a lot of energy, at that time you have to share your life with everyone. So far you have only been thinking about 'me and my family', but Vanaprastha is not 'me and my family', limited family. The sense of family should extend beyond your biological family. That is Vanaprastha. Vanaprastha is when you can see every child is part of your family, everyone belongs to you, that's it.

A broader vision about your own self, your own life that is Vanaprastha and whatever you have heard, you have experienced, you share with the younger generation. You be with them and share your knowledge. Otherwise, you know, in Europe I have seen after fifty people feel that they are very useless and they get into depression. Suddenly they realize 'oh I have crossed fifty and I am not wanted anymore'. The feeling of not being respected, not being wanted is a horrible feeling and when it suddenly dawns then they go into depression and this is happening in Europe, it's started happening in this country also!

I was once in Africa, and for a Satsang our volunteers brought four to five buses full of people from old age homes. I just looked at their eyes and there was so much sadness! They are so sad; they felt completely destroyed because their children no longer care for them. Sometimes they send a card to their parents on mother's day or father's day, that's it. They may visit during Christmas or they may not and just send some cards or some gifts and some don't even get that. The children have thrown them in the old age home and they feel so miserable and this is misery is because they have not been in knowledge; they have not been exposed to wisdom.

In Sweden they have made a TV serial, Ageing Gracefully. They wanted me to speak on that. It went very well in Sweden for a long time. Ageing gracefully was the title, how to age gracefully. Fortunately in India it is not a problem, because elders are respected, by and large. Here also, these day's things are changing but from ancient times there is a tradition. If anyone in the big joint family is getting married, the invitation goes in the name of the eldest person in the whole family. It may be your uncle, your great grandfather and you are supposed to go and take blessings from them during Diwali, on Holi, on all the festivals including your birthday. You have to go and touch their feet of the eldest in the family. That tradition is still alive; in the villages it is still alive. If you go to the village in this country, you still feel that the eldest person is very well respected. Whatever he says is the law. So this tradition of respecting the elders is needed all over the world today. It was there in the west

also, but somewhere it got lost.

In some villages, like the German villages, the eldest is still given a lot of respect. In China fortunately it is still there. The elder people do get respect. They even made a law, I heard, if children don't visit the elders or parents, they will be fined, if you don't take care of your elders, your parents, you will be taxed or you will be fined for that. It is an offence. So Vanaprastha is that stage of life, when you have energy, you want to share your knowledge, your wisdom.

We need to engage ourselves usefully in society. Why do people not respect elders in society? Because their life has been limited in small circles, but if you open your life, share it with many people, why would they not be respected? Why was Nelson Mandela respected till his last breath or even after his demise, and not with people from old age homes? Because you have not connected with the rest of the world, you have not connected with people or you have not done anything for the society. You have got your whole life holed up with 'Me and my child' and then one day the child washes his hands off and then you get depressed. Vanaprastha is moving away from the 'Me, mine' of the household life to 'We, ours. The society is mine; I have to watch over everybody'. That broader vision, taking responsibility beyond your biological family, this is vanaprastha.

Then comes Sansyasa from seventy-five to a hundred, nothing is mine, I am nothing, I want nothing. That is the monk's life. Monk needed be someone who has taken a vow to be a monk, because even social activity and work have some obligations has its repercussions and attachments or lack of it, but that one stage in life you only think of the Divine and nothing more. Only think about your own origin, from where did you come and where you are going to go. Reeling in knowledge is the ashram is Vanaprastha ashram. That can happen in seventy-five, it can happen any time.

Sansya is not when you feel rejected or dejected in society and you feel dejected and you get so depressed you become Sanyasi. Sanyasi is when you are centered and when you are happy when you are content and when you are connected with Divinity, connected with everyone around you and then you bless people, you gain the ability to bless. A body is not capable of doing much service, but your spirit is also powerful to bless people and sanyasi are well respected. So everyone can become a monk at a particular age. When you have done everything; when someone wants to become one at an earlier age, when you are satisfied with everything in life, you have no more cravings, no more aversions, you don't want anything more from anyone, and you say I would like to dedicate myself to serving the people.

❖ Please talk about your father as today is his birthday.

Sri Sri: Well that was his broadmindedness. He was always a very broadminded, very progressive, very dynamic, extremely active person. He would go to remote villages from

here, thirteen-fourteen hours he would travel, take a car or bus and serve the women of the remote village there and do some service activity there for the women, give them employment. He was very fond of empowerment of the weaker section. He worked for the poorest of the poor people. Wherever they are he would go there. He never minded hardships, 'I can do this' and always enthusiastic! Not one day he would look tired or depressed. Not one day, always very energetic and enthusiastic. His passion was serving the poor and the weaker section.

❖ What is Bhagavad seva?

Sri Sri: Anything that you do very naturally is Bhagavad Seva, Jana Seva is Janardhan

❖ What is 100% surrender?

Sri Sri: See surrender itself is an illusion, because surrender is an illusion to counter the illusion that you possess something! You wake up and see that nothing is yours anyway. The thoughts are not yours. Thoughts come and go like clouds in the sky. Everything in our body is changing; every cell of your body is changing all the time. Your mind is changing, your thoughts are changing, and your feeling is changing. What is that which is yours? You think any good qualities are yours? Even that is a gift to you. You think bad qualities are yours? No, they just come for some time. So if you realize that nothing is yours, you don't need to surrender at all.

❖ Many people ask this 'Who wants a Guru?'. What to answer them?

Sri Sri: Who wants a Guru? The one who is asking the question and anyone who answers becomes a Guru, anyone who asks becomes a student. You cannot say, I am not a doctor but I will give you medicine and if someone says, I am not a patient and I need medicine, what will you tell them? Both are gone cuckoo! If you are asking for medicine you are cuckoo and if you are giving medicine, then you are a doctor. Let's keep it at that.

❖ Now that my mind is inquisitive about spirituality, it is giving me a lot of hardship. What to do?

Sri Sri: Just relax.

26. Sri Sri Ravishankar in yesterday's Satsang, 28-Nov-2015 at Bangalore Ashram

- ❖ How to decrease emotional dependence?

Sri Sri: The moment you realize you are emotionally dependent you are already one step out of it. Your intellect has started recognizing. This itself will start giving you strength and awareness. Life is a combination of both intellect and emotions. Emotions will continue to be there. When you see you are much bigger than that, then you are already in control of it.

- ❖ Dearest Guruji, is Guru the only way to meet God? Can you please explain?

Sri Sri: Why you want to meet God? What is God? First of all we should have a concept of God. Neither the theist nor the atheist has a clear concept of what God is. Atheists say no such God exists without defining what their definition of God is, what their understanding of God is and they just want to see god without knowing, having a real definition of God. If God is that by which everything is made, in which everything is, into which everything dissolves, how can you be away from it? You are in it all the time; you are a part of it. Then whatever you see is God. Like air, God is everywhere. Like space, God is everywhere. Like the five elements of which the entire universe is made up of, God is there. That's what Om Namah Shivaya is what? Five elements. What do you want to see?

Someone with a snake hanging on their neck coming with a trishul and asking, "Vats? Kya Chahiye? What do you want? I am here to grant it". This will only happen in the TV screen. If it happens to you anywhere else know that there is something, problem, you are getting into Yog Maya.

God is the summom bonum of creation. Don't make God an object of knowing. God is Love and can you see love? You see love only through a manifest expression. You can see love in children's eyes, you can see love in friends' eyes, elders' eyes, and you can love in the animals. A dog can express love, but tell me, show me love without a dog or without a person? How can you ever see love? Has anyone seen love? Has anyone seen compassion? A mountain of compassion? No. It only gets expressed through manifest forms of the universe. In fact it is inexpressible. Love cannot be expressed so easily, but somewhere you get the sign of it and that is what Linga is.

Lingam means what sign. You get a sign. Even genital is called lingam because that is how you identify whether the baby is a boy or a girl. When a baby is born there is one organ of the body which indicates whether it is a boy or a girl. Other than that one organ every baby looks the same, you can't make a distinction between boy or girl. That is why genital also came to be called as lingam because that indicates when they go older what they will be. So lingam, shiv lingam means what is identification or a sign. You can only see the sign.

In the Kannada literature or in the Dravidian also I think all over the country, all over the

world wisdom, love, knowledge all are recognized through saints. Linga Jangama. Linga and Jangama is the saints or the Guru and then you recognize it in everything. It doesn't stop. You recognize in every child, every tree, and every animal. The entire universe is nothing but manifestation of consciousness. Consciousness is God, it's everywhere. Don't make it an object of knowing. The knower himself is the divinity. Though atheist can say I don't believe in myself, I don't agree that something exists by which everything is made up of. If an atheist says that, that means he is not acknowledging his own presence. If you say I am present that means what is this 'I know' that which is I of the I is what God is. I is atma, Self.

Paramatma is that is beyond the Self. If Self is there that is beyond everything is Paramatma. If your 'I' is a limited identity of thoughts, emotions and trends there is something that is beyond your thoughts, emotions and trends, that core of your existence, core of consciousness, existence is what you can call God. In this case there cannot be any atheist at all on the planet. If you are thinking of an old man sitting somewhere above the clouds trying to give you a finger and when you go near him he runs away, if that your concept of God then definitely atheism is better. Atheists are right. There is no such thing, but if atheists say nothing exists because I don't know they are not honest. They are neither scientific nor honest, but if they say that I don't believe anything till I know it then also you are not scientific.

There are millions of universes just the fact that you don't know you say they don't exist, you can't claim they don't exist at all. All that you can say is I don't know! Right? And that is the shift from I know it all to a beautiful 'I don't know! May be'. That's why God is called Agyaya, unknowable but still the presence is there, still it is there. It gives you the sign that there is something bigger, an intelligence based on which everything exists in the universe. That one has to accept, that sign is good enough. No one can deny the existence of an intelligence, a law.

❖ What is the sutra of one's life?

Sri Sri: Keep smiling and keep serving and acquire knowledge.

❖ Do you think terrorism will end and how human beings can do that? Why and how?

Sri Sri: Terrorism is the biggest challenge. These centuries, these decades are facing this challenge, but it's not new. India had this before also. Aurangzeb had terrorized this entire country, most part of the country and there were such terrorists even before. Time to time such wave of hinsa comes up and time to time there is a wave of knowledge, wisdom, ahinsa also.

In this modern age the only way to arrest terrorism is educate the young minds against terrorism, against violence. Someone was telling me the other day number of people who

died of terrorism was only a small number in America. People who died out of domestic violence and other forms of social violence were 80 times more than the people who died out of terrorism. One gets a lot of attention but whereas the domestic violence and other forms of violence you don't get attention to it. Press gives coverage but you don't notice it. How many incidences of violence are happening in so called civilized societies is unbelievable. So the way out of these violent tendencies is spread the message of meditation. Meditation and broader vision about life is the only way.

- ❖ If I get intimate with my husband it is problem, if I don't get intimate also it is a problem. Kindly guide him. I feel I do injustice with my loving husband because hardly ever I am intimate with him because intimacy never gives me joy. My longing and tears are only for Krishna. I don't know how to do justice with my relationship and with my own Self.

Sri Sri: Well, you know there is an ancient tradition in India if you go to any temple or do any Yagya alone you cannot go, both has to go. So, your interest in both of you should go together, match together. If one is ahead one is behind you have to have the patience to take both along and that is what you need to look into.

Marriage always means compromising your individual interests. You have to give in and look into your partners needs and not just bent upon your own and it is for both, both of you should have that give and take. Whether you do something or not there is a problem, this problem exists with everybody, not just the husband, with mother-in-law, with daughter-in-law with various people this problem arises. In such difficult situations the skills in you are brought out. All the skills from within you will come up. Otherwise you don't need intellect. You don't need to be intelligent. Intelligence is there so that you can handle difficult situations. If everything is smooth you can lock your intelligence and just run the routine thing but know that you are very intelligent, very skillful and you can manage any of those situations with such skill and dexterity, right?

- ❖ Your video on dispassion said not to be feverish on any goal. However in the corporate world bosses appreciate this feverishness towards result as commitment to the organizations' goals. How do I balance these?

Sri Sri: Dispassion doesn't mean lack of enthusiasm. Come on come on come on, get this straight. Many times people say dispassion is no interest in life. You look at the dispassionate people, so called udaaseen, somewhere; there is no smile, no enthusiasm, no joy. They look absolutely depressed. This is not dispassion. Depression is not dispassion mind you. Let's not mistake that.

Dispassion gives enthusiasm, energy. 'Tasya sukham Na Karoti Raga'. Adi Shankara has said you know what 'Bhaja Govindam Moodhamate'. What is that pleasure, joy that dispassion does not give you! Dispassion connects you the very core of your being which is all ananda,

bliss. Dispassion does not mean lack of enthusiasm. Show full enthusiasm at the same time be centered.

You know if you are feverish, you just jump up and down but your intellect doesn't work but if you are dispassionate your brain is very sharp, you are very alert, you have sense of humor also and you are centered and you don't worry whether things will happen or not. Even if adverse things happen you don't mind it. That's dispassion. In dispassion you are not feverish but enthusiastic and you don't worry whether things will happen or not and you are confident. Even if failure comes you are not going down the drain, you are not just collapsing and you move forward. When you are feverish in lack of dispassion, your intellect, brain doesn't work; your perception is all clouded. With enthusiasm, with dispassion your perception becomes sharper, you are wittier and you are clearer. These qualities just come as accessories to dispassion

❖ How to decrease emotional dependency?

Sri Sri: The moment you realize you are emotionally dependent you are already one step out of it. Life is a combination of both emotion and intellect. Emotions will always be there but when you see that you are much bigger than that then you are in control of emotions

❖ Can you please talk about Vighraha and Anugraha?

Sri Sri: Graha means catching, holding on to something. The whole Universe is moving very fast and whatever is holding the Universe is all Grahas. They are being held by orbits, that's why they are Grahas, that which holds on. It remains there forever. If not forever, at least relatively, not in absolute terms. Agraaha is insisting, you hold on to something and you insist, that is agraaha.

Then Nigraha is where you control, it's again a type of holding and then comes Vighraha that is trying to hold on to something, your goal is to hold on to something which is ethereal, which you cannot perceive or hold on to, but in a special manner you try to hold on to, that is Vighraha. The infinite, absolute, unmanifest divinity cannot be held, but through some special means you want to establish a sort of relation, communication or a sort of connection, you are already connected, but when you are trying to feel the connection with infinity through some means, that means is called Vighraha. You are holding on to something to which you can never hold on, with a special means, the means which helps you to grasp the incomprehensible is called Vighraha and Anugraha is that which holds you up, grace, blessings, that which holds you up.

- ❖ When I am left by myself or in bad company, all my negative tendencies rise in me.

Sri Sri: Never mind, negative tendencies rise only to go away. Let them rise, any amount of dust, you just watch it. They will all disappear.

- ❖ Is doing financial Seva equivalent to do physical Seva? I feel guilty that I'm not able to contribute with my time.

Sri Sri: No, no, doesn't matter. Any Seva is good. Don't have to feel guilty, this is equally good and if you cannot financially do it, you cannot physically do it, suppose you are not well, you blessing itself is through thoughts or sending good vibrations, that also is enough. You know I have heard so many people coming and telling me, I am so weak and old, I can't do Seva, I want to do Seva, and the heart is yearning to do Seva, but physically they are not able to do Seva. I tell them don't worry just and pray, just sit and bless, just sit and send the vibrations of positivity. That itself is also Seva.

Now youngsters don't take this! Don't say, today I am just going to sit and give good luck and blessing! This is only when you cannot physically do anything. You know I was in Delhi two days back, one lady came and gave me a cheque for lot of money. I asked her, what you do? She's a school teacher and I know that she had taken a loan to contribute to World Culture Festival. She said, so much transformation has happened in my life, I want to give this. I said, no I don't want to take this money, but I will keep only some amount and the same night a similar incident happened.

One boy, he just did the Sudarshan Kriya three weeks ago, and his life has changed and the boy comes and hands over a big amount of money and he is crying, please accept, I can give more, will you take it all? I said no, I don't want to take it, you keep it, it is mine but it will be with you only! And he insisted and started crying so I took one tenth of what he offered. At least I made him that I had not rejected what he had offered me. See it is not what gives that is important. It is the feeling, the wanting to give with so much heart, that itself is important.

There are many people on the planet who want to give everything. You all have this feeling of wanting to give, contribute. The very feeling, that I want to contribute, that itself is very precious and let it be there, don't let it dry out, because that is the juice in life, wanting to be a part of something big and here you also need wisdom – where to give, what to give, to whom to give!

Even to give you need to see whether they really qualify for you to give them. Europe is in so much trouble with all the immigration and many of the people who come there are so healthy and they can do hard work and earn money, such people are begging. We should not give them a single dime to them, people who have strength, who can do something and there are people who cheat you, we should be careful about them. So you can't be all

emotional mushy mushy, otherwise it will only increase the laziness and more adharm on the planet.

- ❖ What is the healthy state of intellect and memory?

Sri Sri: Open mindedness, without any prejudice against anybody.

- ❖ What is Advaita? If we all are one, why so many manifestations?

Sri Sri: Only then can realize that you are one!

- ❖ I have seen millions of people just running after money. How can I put them on the spiritual path?

Sri Sri: I will leave this question with you. Keep asking, you will find many ways and you can do it in whichever way possible.

- ❖ I want to be enlightened in this life itself. Is it possible?

Sri Sri: Very good, you are in the right place with the right intention. This is the intention you should come here with, I want to be enlightened. Not just I want a job, I want someone to marry, I want my son or daughter to be married, and these are all side dishes. These are like the pickle. When you order for a thali, you will also get pickle, but this is not the pickle store! You are here for the main course. Nobody goes to a restaurant and orders for mouth freshener. Toothpicks and mouth freshener come later. Sometimes I wonder, you come here for enlightenment, I mean you are supposed to come here for something higher, but you are asking for what? Small little things, it is like asking for toothpick!

- ❖ My mission is to make suicide rate zero. How can I do it?

Sri Sri: Very good. Start teaching Happiness Program everywhere and do happiness survey. I think four of you can go door to door asking people, are you happy, what is it that I can do. Come one, wake up! Life is so short. You can spend the rest of your life wailing and whining and crying for this or for that. Come one wake up with knowledge then you will see life is bliss.

- ❖ If the world is Maya or illusion then how come everyone is having the same illusion?

Sri Sri: Who said same illusion; there are many different types of illusions. Come on, don't you see people live in their own bubbles, everyone has got in their small little world, their own concepts, their own idea of what people they like or don't like?

- ❖ Is marriage a barrier in the path of doing great work?

Sri Sri: It's you who makes it a barrier or an aid.

- ❖ It is my dream to make a movie on you.

Sri Sri: Ok. Yes, it will be a very funny one, a very humorous one. humorous wisdom!

- ❖ When will this mind stop asking questions?

Sri Sri: I have no idea. I think you are asking this question because you think someone can answer it.

- ❖ I feel uncomfortable around non-spiritual people. What is the solution?

Sri Sri: Don't shy away from them. You don't have to feel comfortable all the time. You don't have to drink or eat with them or speak nasty things with them, but you don't have to cut yourself off from them. Be natural be at home with anybody and everybody, that is the main thing of Art of Living – feel at home anywhere with anyone. They may need the system. So you have to be skillful. How you have to be like the lotus flower, in the water yet untouched by the water.

- ❖ What is Shambhavi Upaya?

Sri Sri: It is that which is in between effort and no effort. There is one level of upayas where there is lot of effort and there is one where you don't put any effort. Shambhavi is in between where you put a little effort and then it happens. One of the Shambhavi mudras is, you just put a little attention in between the eyebrows but then let go, but in the name of Shambhavi mudra people do all wrong things and they end up having so much headache. They end up having migraines, headaches and sometimes they go cuckoo. So my advice is don't venture into any of these.

In the name of Hath yoga they do what all. All these kriyas don't look normal. People lose

strength in the body and the mind as well. That is why my advice is go very natural and whatever is safer, which is traditional, that which is taught here now. We must be authentic when we do Yoga practices.

- ❖ How to be a good sadhak?

Sri Sri: A sadhak himself is good!

- ❖ Why people are so narrow minded after doing many AMP?

Sri Sri: Now that is their problem, you don't worry about it. You relax.

- ❖ Is India a tolerant country?

Sri Sri: What do you mean by tolerance and intolerance? We need intolerance! We tolerate all types of injustice, garbage. We need intolerance towards corruption. Are we not a tolerant country? We should be intolerant towards these negative things. Wake up; if we are tolerant we fall asleep. If we have intolerance we at least wake up and become active. In this country religious tolerance has been there for centuries, diversity is our DNA.

27. Sri Sri Ravishankar in Sunday Satsang

- ❖ Can good karmas erase the bad karmas?

Sri Sri: Forget about what good karma is and what is bad karma and just surrender. You just let go. You think you are free from all the karmas.

- ❖ Everything born struggles through life and dies. If so, what is the purpose of life?

Sri Sri: The fact that this question has come to you is a big thing. Many people don't even get this question. They just keep on living; they don't even get to know that they are existing, but what is the goal of life, purpose of life, is this all what life is, eating and sleeping, if these kind of questions have come to you, it is a big thing, it is an indication that we are humans. Now that this question, what is the purpose of life, has come to you, don't be in a hurry for the answer, people who know will not tell you!

- ❖ Please comment on the beef ban and the controversy in the country about it.

Sri Sri: Cows have always been a part of the family in India. In every village, in every family the cow was a member of the family. There used to be a name of the cow. If there was a calf that was born, there used to be a celebration. How right is it to kill an animal that was a member of the family? If there are older people in the family, do we just send them away and have them cut off? Just like that, the cow has given milk and is like a mother. How can we send it to the butcher? Is that right? From one cow, one acre of land can be tilled. Even if the cow is not giving milk, it is so helpful for the farmer, to the agriculture. So the treasure of cows has to increase.

When we got independence, there were so many more cows. Now it has reduced tremendously. If the number of animals keep reducing like this, it will become difficult for India. See, people have a dog at home. Do they give a dog to the butcher? In many countries you don't see dogs being treated like this because you treat a dog as a member of the family. Even in America, a dog is a member of the family. Do you buy dog meat? Maybe in China, in the East you get that. In our country, since ancient times, a cow has been a member of the family. That should continue, you should stop killing cows. In many states it has been stopped. In many states this law has been there for a long time, many people don't know about it. Now this has become a political issue, the reality is different.

- ❖ Sri Sri comments on the state of natural resources in Karnataka:

The soil is so polluted they say the soil has got anemia. The hydrocarbon in the soil is 4-6 in other countries, in our country it is 0.25. This means that anemia has happened to our soil. What is the reason for this? It is because of chemical fertilizers, chemical insecticides. We have used all this and spoilt our soil. The soap that we use on the body or the soap we use on the utensils and the detergents is causing the water to get polluted.

Even after 100 or 200 years this water will not get better. Therefore you have to take care of the water resources. We are not taking care of our water. This is necessary; we have to take care of our water. Ground water has gone as low as 700-800 feet. The lower we go into the bore well, the water is salty. If you see, there is more rainfall in India than in Europe, but still we are not being able to take care of water resources.

Now check dams are made, no injection wells made. See the Kumudavati river project, there is a lot of success that has come in that. Once it is completed, 60% of Bangalore's water problems will be solved.

We have to rejuvenate rivers. You go through different districts in Karnataka; you will find a lot of Acacia trees which suck up the ground water. We have brought these trees from other countries. Whatever trees nature has given to our country, those trees should be planted, like Mango, Neem. Instead if we bring trees from some other places, then we spoil the

ground and the water. We should go to organic farming. We should protect soil, water and language. Kannadigas should speak Kannada.

We speak Kannada mixed with English, make chutney out of it and speak. We don't speak pure language, we have forgotten our language. There is no pride in the language. We should teach our children our language, our culture and tradition. You should also do things for the country. How much will you think about 'I, I, I'! One hour per week or one hour per week for the country.

Many farmers in Mandya are committing suicide; they are not getting good prices for their crop. I felt very happy when youngsters have who have come from there, worked there and taught more than 250 farmers organic farming. Now people's health has improved because of good crop and they are also making money. (An IT entrepreneur in US has come back to Mandya and is bringing a revolution in organic farming in Mandya district, which is close to the Ashram. They have set up a co-operative society for the farmers. The farmers who practice organic farming have not committed suicide).

❖ Are Ghosts real?

Sri Sri Ravishankar: Those who die with too many unfulfilled desires. Water vapor rises up and forms clouds, but some stay back and stuck to the Earth. That is fog, but how long does the fog stay? Some souls become earth-bound, and then after sometime they attain liberation. People who die in a certain constellation, they will be earth-bound for some time. Maximum, six months. That is why when people die during that time, for six months, they close the door. The soul does not get transition easily, but it is not forever. Very rare, it is for ghosts to be on trees. There are a few trees that attract ghosts. In those trees, ghosts reside, but the ghosts are very weak. You are much stronger than them. If a knowledgeable person goes there, they get liberation.

You meditate, you have a Guru with you, and you have reached much higher state than them. Know that there will be no effect of black magic and ghosts on you.

This superstition spreads a lot. Buri Nazar means bad vibration. If someone does not like you, if you come in front of them, what happens? You don't feel good sensations in the body. This is called Buri Nazar. If someone gives you a jealous gaze, you just do Bhastrika.

28. Sri Sri Ravishankar in yesterday's Satsang 31-Oct-2015

- ❖ My understanding based on what I have learnt is that everything is Brahman and there is nothing outside Brahman. How does it happen that being part of such intelligent omnipresent Brahman we are born and live ignorant? How does this ignorance arise?

Sri Sri: That is also the part of Brahman. Everything is part of Brahman. It's totality, the sum of all that is.

- ❖ I sometimes wonder is anything without 'Maya'. Everything I see, feel or experience sounds like Maya in one form or the other. It makes me feel that there is nothing worth running after in this world and yet I run after you! Please help me differentiate between Maya and 'No Maya'.

Sri Sri: Just follow your heart! 'Maya' means that what can be measured. The word 'measure' comes from Maya. All that could be measured on this planet is Maya. What you see can be measured. You go to a doctor and he says your eyesight is 0.5 or something. So the vision can be measured. Sound can be measured, taste can be measured and touch can be measured. The world is of these 5 elements – so they can all be measured.

What cannot be measured is your compassion. You cannot say that I have 10 liters of compassion or 2 degrees of compassion or 5 degrees of love! So, Love cannot be measured, truth cannot be measured, compassion cannot be measured and bliss cannot be measured. These are part of the Brahman. They are part of consciousness, nature of consciousness; they are beyond measurement so therefore they are beyond Maya.

So, it is natural for consciousness to move towards higher consciousness. Just like kids run towards the elders, like babies run towards the mother. Babies know that they have been part of the mother. Like that small consciousness or the small mind runs towards the big consciousness or the big mind.

- ❖ How do I overcome the fear of failure, which sometimes prevents me from taking initiative?

Sri Sri: Just play with the kids and be ready to lose the game with the kids. That is a very good exercise. Do you want to win all the way, all the time when you play with the kids? You are playing some game with the children, as an elder so you always want to win? All the time? Your joy lies in making them win. So, you fail but you are still enjoying the game.

In the same way some failures come in life, so what? Never mind, because there is something deep within you, something authentic within you can never fail.

- ❖ I think that I am moving like a fiat car on the spiritual path. What can I do I move like a BMW?

Sri Sri: Just Be. Meditate. Be wise and work. Keep working.

- ❖ What is the role and purpose of an artist? What is the relationship between art and spirituality?

Sri Sri: Life is art. Art is appreciating what 'is'. Right? If there is a heap of flower, you would just see it as a heap of flower, but if you appreciate it and put it in some pattern, then you call it an art. It is conveying something to you. Art is something that uplifts your heart and intrigues your mind.

- ❖ Please explain 'Guru Tattava'. What is the difference between the physical form of 'Sadguru' and the Guru Tatva and how can I connect to it.

Sri Sri: When you have asked question know that you are already connected to it. It means you have become an enquirer and you can enquire only because of the Guru Tatva. Got it?

If someone is answering and claims that I'm not a guru and someone who asking a question and says I'm not a student, both are not being honest. It's like someone saying I'm not a doctor but I'm giving medicine and I'm not a patient, but I need medicine! What do call them, both have lost their mind!

So, the role of a Guru everyone has plays to some extend in your life. Role of Guru is what? Doing all that you can for someone's growth and development without expecting anything in return. So have you played this role in your life at least to someone? With pure Heart and clear mind? When you are guiding someone and wanting something in return from them, not even a thanks, then Guru Tatva is working. Everyone would have to play that part in their life and give someone some guidance or encouragement in their life.

There are various levels, it could be in the field of art or it could be in field of science or technology, but beyond that is spiritual dimension. In spirituality a guru is opening a new dimension in your life. Just look back; before you started meditating, what was the state of your mind and what is the state of your mind now? You will find a big difference. How many of you find a big difference? You can't even relate yourself to the person you were before. Earlier you were just a bundle of thoughts and you didn't know who you were. Now you know that you are not just the thoughts, you are not just the emotions, you are something more. It's not yet clear but a new dimension is added. Right? This is important.

- ❖ When we fail, who is the doer? When I'm successful, I say it's God's grace or that Gurudev did it but when I fail, then God does not seem to be around me to take the responsibility!

Sri Sri: You look back and see many times you fail but those failures now you feel were good for you. How many of you feel this way? When you look back at your failures, you see that you have learnt something from them and they have been stepping stones for you to move ahead. I tell you, When you are on the path, your heart is clean, when you are meditating, there is no way that you will fail or you will go down. It will appear as though you are failing but that little failure is only to get you towards higher success. This is for sure.

In Bhagavad Gita, Krishna promised this to the world that "My devotee never perishes". It's impossible! A devotee is the one who has pure heart. If you are cunning and then got failure, then you have to bear that cost, but if you are doing things and failing, never bother about it. You are only going to go up.

29. Sri Sri Ravishankar in yesterday's Satsang

- ❖ Sometimes people ask me for things, and I deeply want to say, 'No'. Can one convert the 'No' to a sincere 'Yes' in some way?

Sri Sri: No, you shouldn't do that. Sometimes you should keep the 'No'. I learnt this hard way. It took me a very long time to say, 'No'. You should say 'No' sometimes because there are people who misuse your kindness and compassion and if you keep saying 'Yes' to them all the time, they will not grow; they will not learn a lesson and they will try to take advantage of you. So sometimes, you must put your foot down and say, 'No'. It is necessary!

Take children for an example. Children all the time want to eat only candy; will you say yes to them all the time? No! Then you will be a very bad mother.

If you have to bring discipline to your life, or to another's life, you have to say 'No'. We must say it. In India, in cities like Mumbai and Delhi, you will find a lot of people coming and begging. In the initial days, I could never say no to them, but then I thought, this is not good. I am making them tread a wrong path.

I was in Bay area in California and people came to me saying that there are 50,000 homeless people in Los Angeles and we are feeding them every weekend. I said, 'You should not do that. These homeless people are strong. Their health is okay. You should make them stand on their feet. Help them to get a job. Help them get over their laziness and inertia, and make them self-reliant. Instead, you are dishing out food for them? You did it once, it is okay, but you must not do it on a regular basis'. It appears cruel, but it is actually good for them. You are making them dependent and weak by giving such people food. If they are sick, or children, or old people, then yes, give them food every day, take care of them, but if they are capable of working or doing something, we should not make them beggars. In those

situations, you should say no.

That is why even in the scriptures it is said, compassion should be accompanied with wisdom. Which means that we should see whether our compassion is going to do good for them or not?

Your real compassion is not charity at that time, but giving good words of advice and bringing discipline in the people. Some people take advantage of others. They keep taking money from here or there, and some even make a business out of cheating people. They cheat so many people. You should not be a party to it if you really want to help them, but if someone is really in need, then yes, you should help them, but don't entertain laziness or people's whims or fancies. So, compassion should always be accompanied by wisdom.

30. Sri Sri Ravishankar in yesterday's Satsang at Bangalore

- ❖ Is there a difference between Vedic Tradition and Science?

Sri Sri: Our ancestors gave lot of importance to mind. Our chief mantra is Gayatri Mantra; there is no other mantra higher than that. In that it is said 'dhiyo-yonah-prachodayat'. Let our mind be blossomed; this is the prayer or request made in Gayatri Mantra. Science gives importance only to mind. Spirituality is one step ahead than Science and gives answer not only to the question 'What is this?,' but also for 'Who am I?' Not only the scenery, but the seer also has role in it, this becomes clear due to Vedic Knowledge, Spiritual Knowledge.

- ❖ If someone is insulting me again and again then what to do?

Sri Sri: If someone insults you then let them do. What is insulting; let them do as much as they can. Tell them how much they want to insult, criticize, let them do; I will not change because of your criticism. We should take it in the right spirit, with courage. You should reply to insult with a smile. A saint is one who replies to guns by flowers and intelligent is one replies to comments with humor. If someone passes a comment on you and if you become angry then it is your own foolishness. An intelligent is one who can change unfavorable environment into favorable environment.

31. Sri Sri Ravishankar in yesterday's Satsang on 26-Aug-2016 at Bangalore

701 types of vegetarian dishes were prepared for Anakoot Celebration by devotees from Gujarat, India.

Make life a celebration; all the wise people on Earth have given this same message. Let Humanity raises high, accept everyone, and take everyone together, this is the secret of love:

'nobody is strange, everyone belongs to us only'.

See in our country there are so many states and each of them have so many varieties of dance forms, food items, various dress codes, celebration of festivals. These varieties of food items from Gujarat cannot be found anywhere in the world. During 'Annabrahma' event in Gujarat there were about 5,800 varieties of food items from all across the country, from Kashmir's 'Katttha-Baigan' to variety of food from Tripura and Kerala's Idiyappam, Payasam (sweet).

I remembered just now, when I had been to Pakistan, there was a big meeting in Lahore University, many youths was there. Their Vice Chancellor asked me 'Gurudev, we never have got such a big crowd till now, so many people have come to listen to you'. One youth asked me 'Here in Pakistan we believe and worship only one God: 'Allah' or 'Khuda', but in India you worship so many Gods & Goddesses, how is it? Then I told him "From the same flour you make Karachi Halwa (sweet), Samosa (snack items), Naan, Paratha (flattened bread), Noodles. The flour is one only, but then why so many items you make?

Similarly we also believe in only one God, only thing is he comes in various dresses that's it. He is not found only in one dress like military uniform, sometimes this and sometimes that". That youth said he has not heard such an explanation till now. I added further that you call 'Allah' by ninety nine different names; we have one hundred and eight names, that's it, not much difference.

Religion is there to unite people and not to divide them. We all are one. So he liked my reply. See God has made so many varieties in vegetable also, not only one variety. He did not made just brinjal & said that every day you should have this only. He also made potato, bottle gourd, ladies-finger, etc. Similarly He made humans also different and unique. We should come together and celebrate the diversity, this is the message. Lord Sri Krishna said the same thing 'See me in everything and everything in me'.

32. Sri Sri Ravishankar in yesterday's Satsang on 20-Aug-2016 at Bangalore

- ❖ What is the ultimate and greatest truth of life? Is it to be happy, to make family happy, to serve human kind or to reach divine?

Sri Sri: The ultimate journey starts with one step. Just don't sit and dream about the ultimate but begin your journey towards the ultimate and small steps towards truth, towards even this very inquiry about life: what is the goal in life? This very inquiry can take you far.

Everything has some significance in life. Just eating is not the goal of life, but eating is essential for life. Correct? Is eating the only goal of life? No. Can you discard eating then? No. Sleeping is not the goal of life, but can you discard sleep? No. Similarly, you have to be happy and you have to make others happy. This is all on the journey towards the ultimate

and what is the ultimate purpose, ultimate truth? One who knows will not tell you and anyone who tells you, simply does not know (whispering). That is the secret!

- ❖ Dear Guruji, why are we all here? This world, universe and everything!

Sri Sri: Very good question. It's a million dollar question, I want you to keep that, I will never take it away from you, because this question is like a vehicle which can transform your life, which can make the unwanted things fall away. So keep it with you, you are on the right track.

- ❖ Now I am happy and calm, what can I do to maintain this state throughout life?

Sri Sri: Share it. You have to share it with everybody. Joy or wisdom if its not shared, it starts dwindling, but that does not mean tomorrow you should go and tell someone to do 'Bhastrika', and do 'Kriya', I will say 'So' and you do 'Hum', no. unless you get properly trained you don't just go and teach meditation. These days you know that's why we had to put Quality Control for Yoga in the country. There is a QCI, government has Quality Control India to do something for Yoga, because everyone learnt something and put something and goes & teach something and something unwanted happens then.

There is a proverb in Sanskrit - yasya kasya taroh muam yena kena api gharshitam
|| Yasmai kasmai pradatavyam yat va tat va bhavishyati ||

(The root of this or that tree - ground with something or the other given to someone or the other will cause either this or that)

In the same manner, these days - people learn yoga only for a week and become teachers! Some Quality, some standard should come into place. Till then, don't go and teach someone, but yes, you can surely motivate people.

- ❖ How to experience freedom and peace of mind in this complex daily life? I am bound by my duties and responsibilities very tightly?

Sri Sri: Good, that's a contrast, every day when you come back home sit for few minutes, go deep in meditation. Nothing stops you from doing it! Like dental hygiene, this is mental hygiene. Listen to knowledge, that's why I made so many talks. Nearly seven years, every Wednesday I used to make some knowledge sheets. 'Intimate Note to Sincere Seeker' pickup from that, read, put some tape, knowledge, there is one app also 'Sattvaapp', you can use that, there are meditations in it. You can help yourself in this manner that is where it is more relevant. Meditation is more relevant when you are very busy, when you have lot of responsibility. If you have nothing to do, what is the point of you sitting and meditating

also. Why do you need energy? You need energy and intelligence when you are in need to use it. If you have no responsibility, nothing to do what is the point of having lot of intelligence? Correct!

- ❖ Is there a right way? Or is it all an illusion? Is there something that needs to be done here or being here is enough? How to know what to do next? Should we stick with what we know or try the unknown? If we genuinely have no idea on what to do, then what should we do? What to do to get rid of this confusion?

Sri Sri: I don't want to add into your confusion. My Job is to create confusion. Actually, I am not here to convince you. You know confusion is like a fire in which you bake very well. You know confusion means what? One set of concepts have broken down and so you are in a vacuum. It is a sign of growth, if it lasts for short time. So, just be with it. You are in the right place.

Understand question. When the 'Prana' level is low, you have too many questions. When the 'Prana' level is high, the question turns into an exclamation. (WOW) And that is preface for yoga. So be with a question and turn it around into a wonder. That's what Lord Buddha also said: 'Annutraro Bhava' (Be answerable).

- ❖ You have almost fulfilled everyone's wishes. Is there any wish of your that is yet to be fulfilled?

Sri Sri: If that was the case, then I wouldn't be sitting here. No one can sit here with having desires in the heart. When the desires quieten, then the bliss overflows, but yes, I want everyone to be happy, I want to see a smile on everyone's face, I want the nation to progress, I want the poverty to be eliminated, I want the countries to come together, I want all the conflicts to be resolved - All this is there, but I don't want anything for myself. I am peaceful, happy and contented. That's why I am here.

- ❖ Guruji, I have come here because I have heard your call and deep inside I know that I need to change the inertia in order to be free. What should I do for it?

Sri Sri: You are in the right place. Don't worry, just take up a service project and work on it, the inertia will disappear on its own. Do Pranayam, and if you find it difficult to do it alone, gather 2 - 3 people and do it in a group. Sometimes, you may feel boredom in doing Pranayam alone; doing Asanas can be even more boring! But when we have a compulsion, when someone comes to us saying - 'C'mon!, let's do it together', then you find it a little easier. The ancient people used to say, 'ekas tapasvi, dwir adhyayi', when you have to sulk, sit alone and sulk, do not spread your negativity to others. When you have to do tapas, do it alone, and when you have to do your practice, it is always better to do it with one more

person.

See, there are three things that remove inertia - Fear, Greed and Love. If you fall in love with some work, then you do it wholeheartedly. Our Yuvacharyas are doing so much work in Maharashtra. So many of them gathered together after the drought to bring an end to the crisis. They worked in so many places to revive the rivers. In very short span of time, the volunteers, mostly with their own contributions revived more than 25 rivers. They took very little help from the organization. So in this way, if you get a passion for something, the inertia will be gone.

Life needs both passion and dispassion and in between - compassion. Be compassionate on others as well as yourself. Sometimes, we trouble others as well ourselves in the name of discipline - this should not happen. Similarly, we get so passionate about some work that we create trouble for others, as well as ourselves. That is why compassion is needed. You need compassion with dispassion and passion.

33. Sri Sri Ravishankar in yesterday's Satsang on 18-Aug-2016 at Bangalore

Today live webcast is going on. People from everywhere in the world, a very happy Raksha Bandhan. Happy friendship day. I would like to tell everyone around the world, there is enough love on this planet, no need to be anxious. There are lots of good people on the planet. So they are with you. Their protection is with you. Today is the day that you shut the insecurity that is in your mind. Greatest enemy for blossoming is insecurity.

When you feel insecure, your intellect becomes dull. You will not be sharp. Your perception becomes colored. Your body undergoes a lot of hormonal changes. Too much adrenaline body produces, and you feel weak, your immune system gets affected. Look at the disadvantages of insecurity. Look at the harms that insecurity can create in you. See what insecurity can do to you. What damages insecurity can bring on you?

First, your adrenal gland functions too much. So your immune system goes down. As a result, the strength in your body goes down. More weakness and all types of ailments will start. Insecurity causes this. On an emotional, mental plane, insecurity obscures your vision, it blurs your vision, so your perception is flawed, your sharpness of intellect will be gone, and your ability to see things as they are gets seriously affected and there is no peace, and your social behavior is severely affected. A person, who is insecure, doesn't know how to be friendly, how to be trusting, how to trust anyone in society and the antidote for insecurity is trust and insecurity doesn't allow you to trust anybody. So you get into a catch-twenty two situation.

A vicious cycle in our life, of insecurity, depression, anger, bad behaviour, you do not even realize that your behavior is not palatable and this happens from within, you lose a lot of good opportunities in life, you lose the enthusiasm, the drive to take any new initiatives. It

becomes an end of creativity, end of entrepreneurship, that is end of any type of progress, and that is end of happy joyful living. That's why, sisters tying rakhis to their brothers saying, I am there to protect you. Man however strong he is, somewhere he might be needed some protection and this comes from a lady's strong will and mindset. How psychologically significant this is.

When you look back the ancient times and how they kept these bonding and communication lines between families. Usually when a girl married to another family and goes away to another place, Raksha Bandhan brings them close together, open the lines of communication. So, the message of this Raksha Bandhan Rakhi Poornima is, shut your insecurity, there are so many Rakhis waiting for you. The world is giving you the protection. The goodness of the world is with you. No need to be insecure. Wake up. You are safe and secure. The fountain of life will simply gush in your life. There will be enthusiasm, creativity, adventure. Your behaviour towards everyone becomes normal, pleasant and uplifted.

Why Hari is having thousand hands is clear now. To tie so many rakhis, I feel two hands are not enough. So not four, thousand hands are required. Nowadays new trend is friendship band and friendship day, some other day, but people have already envisaged these things in the ancient times by bonding day. Why bonding? Bonding brings protection. Raksha Bandhan where raksha means protection and bandhan means bonding. Protection from bonding. Some bonding gives sadness, some bonding blossoms the love.

Raksha bandhan is such a bonding in which our love increases. Some bonding gives you headache and creates danger. Bonding of desire brings sadness; bonding of love brings protection. This is the only difference between desire and love. When we have desires, we don't discriminate what is right and what is wrong. Only we become selfish. When we are in love, in one way we lose our senses and in another way it raises our awareness. Awareness gets awakened in love.

I am coming directly from Andhra Pradesh. There was Kumbha mela. Government has made such nice arrangements, cleanliness, systems which are very impressive. See throughout the ages, all our festivals have been happening at the banks of river. Civilizations are settled in the bank of rivers. See London is on the bank of the river Thames. British Civilization blossom on the bank of the river Thames and if you see Paris, again it is on the bank of the river. Frankfurt is on the bank of the river. Washington is on the bank of the river. New York is on the bank of the river. So wherever you see civilization blossoming over the ages, it is always being on the bank of the river. Here in India, Ganga, Yamuna, Godavari, Krishna, Saraswati, and Kaveri - all the cultural and religious festivals always happen in the banks of rivers.

Now there is a group in India funded by some agencies who want to stop all this festivals on the bank of the rivers. How foolish their exercises are! These people who said World Cultural Festivals should not happen at Yamuna and should go somewhere else, as though there is any chance to pollute that. They haven't left any possibility to pollute it. This is the most

toxic, most polluted river today. Now they are saying all ghats should be destroyed. There should be no ghats. The same people are saying today, no ghats should be constructed. The people get into the rivers. Ghats along Ganga, Yamuna should be removed. All of the ghats of Rishikesh, Haridwar are ghats of Ganga. They say Kumbhamela should not happen. They are gone a little crazy. You can talk to sane people but to the people who think they are sane but totally insane, what is there to talk to them! Unfortunately these people have gotten into committees, connected with the justice systems. It will take a little time to change.

Now we will take Question and Answer

- ❖ What is meditation? How do I know I am meditating?

Sri Sri: To know what meditation is, why don't you sit with our Sahaj Meditation teacher? 2 ½ days .They will give you all the idea about meditation. They will make you meditate, teach you meditation and then take all your questions and you will come out totally satisfied. No stone will be left unturned in Sahaj Samadhi course. That's why I made Sahaj Samadhi, how to meditate and all is in the Sahaj Samadhi. That is why I made it into a separate course. In three sessions two hours each, you will know everything. Not everything but most of the thing.

- ❖ All the three days of Bhagwat Geeta sessions, I felt I was sleeping all through. Was I sleeping or meditating?

Sri Sri: Never mind you were here that is good enough. Either your conscious mind understood or your subconscious mind has absorbed it. So that is good enough.

- ❖ Can you please speak about where enlighten souls and souls of Sadgurus go after leaving their body? Is this space very different from where the souls of others go?

Sri Sri: One thing I know when you die, the first person you meet, it is your Guru. On the other side also, Guru will take you by hand and lead you and you will have no fear. That is why it is important to have Guru in life, here of course and here after also.

- ❖ Gurudev, today we did Upakarma and we offered Til (sesame) to our ancestors. Could you talk about Upakarma and why we offer till to our ancestors?

Sri Sri: Til means sesame seeds. Upakarma is an annual remembrance of your commitment, three responsibilities on your shoulders:

- To your parents and ancestors: Parents, Guru and Society. So these three layers of thread you put on your shoulders as a yearly thing and change it because you cannot

get when something getting so old. So they put a particular day. This day you revive your commitments, but if you become a Sanyasi you don't have that. You have finished all that. So Sanyasis don't have to wear the thread. Only the householder's have. Householders have the responsibilities for the parents and ancestors so that they have to continue the family tree, continuing the progeny.

- Responsibility to the knowledge and the masters: Responsibility for the knowledge you have learned from elders and we have a responsibility to pass it on, not let it die within ourselves.
 - To the society: We are getting benefit from the society; we have to give back to society. The previous Poornima was Guru Poornima, remembering the Guru. This Poornima is remembrance of sages, Rishis of the past. So many Rishis have walked on this planet and so you show your gratitude to the Rishis.
- ❖ Gurudev, there are many Rishis on this planet and today we acknowledged someone whom we call 'Jamadagni'. Could you speak about Jamadagni?

Sri Sri: No we acknowledge everyone, all the Rishis, known and unknown Rishis. Rishis are the scientist, actually we are honoring the scientists of the past and present. I don't know much about Jamadagni. What I know is that he is the father of Parasurama. You know there is no end to knowing, learning. Why don't you find out in Google? What you can find out in Google, that info you should not ask to Guru. You ask Guru only what you don't find in the Google. Those days are gone when you don't know anything, you go and ask Guru, but today there is a Google also and that's a big help.

- ❖ Guruji today you have gone to a place called Krishna Pushkara. Could you speak about how political will can transform people?

Sri Sri: Yes. See, in Krishnapushkara, the entire city was so well organized. All the ghats were in order. Though the programme was happening in one place, it was connected by Loudspeaker with the entire city. So I am talking to few hundred thousand audiences in one place but it telecasted and spread through loud speaker all throughout the city, throughout the entire stretch of the river and for the first time, I see that they don't have to visit a place to listen the talk, because all along the street, there are hundreds and thousands of people walking and going into the temple, and they can all hear what is happening in the main stage and there was laser show explaining the entire history. You can see the combination of ancient and the modern technology there. It is 12 days fair. It has been very nicely organized.

- ❖ Guruji you spoke about the Kumbha. Could you speak about how and why the Kumbha Mela should happen?

Sri Sri: You know, you should not ask such questions, why expos, why exhibitions, why melas, why parties, why celebrations. Why should not? Why shouldn't wise people gather? Kumbha means wise people gather together.

- ❖ Guruji I am told I am going to go into silence from tonight. Can you please introduce us into the silence?

Sri Sri: You know what, just wait for a little while and the teachers are going to introduce after the Satsang.

- ❖ I am an elderly person, and I feel like dying because I am so dependent.

Sri Sri: Life is such; you should not feel that I am dependent, and I want to be independent. See, no baby has been independent. As a baby, parents took care of you, and in your old age, your children or someone else will take care of you. So, life in the beginning, and in the end, is dependency. In between, we think we are independent but there also we are dependent on many things. If your attention is on divinity, then you will not feel the burden of dependency, or the frustration to have independence, both will disappear.

People who feel that they want to have independence, they are also frustrated. This is because wanting independence is a frustration. Come on, wake up. When you were a baby, were you not dependent? No baby thinks 'I want to go back from where I came because I am dependent on my parents', no! Whether in the form of parents, or as children, or as friends, the help you get from anywhere is coming from only one source, i.e. the divinity. It is only the divine who took care of you as your parents, and it is only the divine who will take care of you as your nurse, or neighbour, or friends, or anybody else. Someone will always come and take care of you; you don't have to worry at all.

This whole sense of insecurity that we build in us should simply be thrown out and burned down. Don't think your children will take care of you. Maybe during your last breath, your servant or neighbour may come and help you, who know? Whoever is helping you, it is not that individual that is helping you, and it is God helping you in that form. Leave it to the divine energy to help you when you are in need, in whatever form. So you don't need to feel obliged or burdened by anybody's help. Got it?

This is a big problem. We feel burdened by somebody's help. You don't need to feel burdened by it; that is ignorance. It is only the divine who is helping you through other people. If you have this understanding, the Advaita knowledge, then nothing can restrict your blossoming.

34. Sri Sri Ravishankar in yesterday's Satsang on 16-Aug-2016 at Bangalore

- ❖ Which are the four pillars of knowledge and how they are useful in inner and outer growth? Please reveal its secret.

Sri Sri: The first pillar of knowledge is discrimination. This is called Vivek in Sanskrit. What is short term and what is long term? What is temporary and what is permanent? What is sustainable and what is perishable? This difference one needs to know. Discrimination or differentiation. The lack of it causes misery. You know today, kids when they get some low marks in school or college; they jump off from the tenth floor or fifteenth floor and commit suicide. This is lack of discrimination.

Your life is not based on just getting some grades or some ranks or some marks. We stay worried with some small issues. If we have a quarrel with mother-in-law, we go to mother's house along with the kids. Quarrel also happens at our home with our mom. What is permanent and what is temporary? This discrimination is needed.

Small complications are there in every day life, but if we consider these complications as bigger than life is Aviveka (lack of discrimination). Life is bigger than these complications. Then complications will not appear as burden. So, Vivek is seeing what is permanent and what is non-permanent.

What is Shaswat? Our body is not Shaswat. Our body is changing all the time. Every cell in our body is changing. You recognize the change because there is something that is not changing. Due to the non-changing aspect, we are able to recognize the changes. So identify, knowing that there is something that is changing and something that is not changing.

What is changing and what is not changing, identifying them is discrimination. What is short term, and what are long term benefits in life, you need to know that. Many times if you are confused about short term and long term benefits, you land up in a big mess. Sometimes what appears is not what is and we clog on to the appearances. This is also lack of discrimination.

For example, if you visit someone's house, that person has kept something inside the house and has forgotten completely, so instantly went inside and closed the door then you will think, we came and she is behaving like these. That which you felt was not the truth. You came to someone's house, the woman in the house suddenly remembered she has kept boiling milk in the kitchen and she went to close the gas and you will feel she went off on your arrival. That is your illusion. This is lack of discrimination.

The second pillar is Vairagya or Dispassion. What does Dispassion means? We think dispassion means we don't want anything. Dispassion means keeping a broader vision in life. Getting a relief from the feverishness is dispassion. In life, you need passion and also need

dispassion. If its only passion, you will get into depression. Not every passion can be fructify right away. You need patience to pursue your passion, but it can happen only when there is a dispassion also. If there is no dispassion, you cannot even sleep. To the degree of dispassion, you get that much to get good sleep. Holding on to things in life comes from childhood.

You should also learn to leave things. We cannot rest without letting go. We will get disease otherwise. We sleep after hollowing our mind. When any thought catches our mind, sleep goes away. That means only lack of dispassion. If you have dispassion, you will sleep peacefully. Happiness is obvious on your body along with a smile. Enthusiasm in life is maintained. We don't call them dispassionate who sits sorrowful. We have taken the meaning of dispassion so wrongly that someone sitting sad is Vairagya, but that is not Vairagya.

Depression is counter productive to dispassion. Its lack of dispassion that you get into depression. Depression indicates that you have zero dispassion. The sign of dispassion is not dullness. Sign of dispassion is enthusiasm. You are at peace, you are energetic, you are happy. Unfortunately, we have confused dispassion with depression. The so called dispassionate people will look so depressive.

Now the second pillar of knowledge which is Vairagya or dispassion, Adi Shankara says "Kasya sukham na karoti viraga". What is the happiness that dispassionate cannot bring it to you? This is the question he asked. There is no joy that you cannot get with dispassion.

Our six aspects of the third pillar are very important. They are:

1. Shama: This is internal peace, internal satisfaction. If our mind is not having internal peace, we cannot listen to anybody. We cannot understand anybody. Intellect gets lost. To get the sharpness of the intellect, we have to calm our mind. If there are highs and lows in the mind, our intellect cannot become calm.

Mind gets stuck with small and small issues. Keep your mind calm. Consider any person who breaks the law; because when he gets angry, he irritates his own self and what is the advantage then? Keep your mind calm and try to understand. To whatever extent possible, try to make him understand and if not leave it. If your mind gets irritated, he won't understand right. Things won't work out unless your mind is calm.

We become angry and have changed a person is never possible. It has never happened. It's not that you never show anger on your child. Don't get yourself affected by that. By letting your emotion, you will not be able to make your intellect perceive things as they are. Sham means having the inner tranquility. The strength of the mind is to be at tranquility that is called Sham. Shanti (peace) comes from Sham. Otherwise, its vice-versa i.e. peace comes from it. This is very important. It is a barrel that comes to you that you need to acquire.

2. Dama: This means having a say over your own senses. Many time people travel in the bus and you know you have some work to do in the morning. In the morning you are travelling in a luxury bus and there is a movie happening. You are travelling by plane and there are many movies happening and you want to sleep but you browse through and you are watching the movie. You say, "what are these movies, same, rubbish! Let me sleep", but then your eye says, "No, I want to see it". So your eyes are not agreeing with you. The intellect is saying something and your eyes are not obeying it".

Now Bulimia is another example. Your stomach says, "Cannot take anymore", but your tongue says, "I want more". Lack of coherence between the senses is your intellect and mind. Dama is perfect co-ordination of your mind and senses. When your senses are in control of you, then you will not be able to commit any crime I tell you. You just walk into any prison and ask, "Why they are there?" they will say, "I went out of my control". What went out of my control? Their own senses whether it is lust. All the rape cases happen because the mind is not in control. One is in the grip of the senses. Similarly, overeating, Bulimia – this is lack of Dama. Extreme anger is the lack of Dama. Obsession of any kind is lack of Dama. Obsessive compulsive disorder – these all relate to this.

3. Titiksha means forbearance which is not according to our mind. It means perseverance. When opposite situations arise in life, keeping the balance to be able to bare it is Titiksha.

4. Then Shraddha. Faith means that which you do not know but we feel from inside that there is something in it. Faith means, I don't know but I want to know because it seems there is something in it. What you know you don't faith as you know it. What you don't know, that you sense connectivity to the unknown that is faith. The willingness to know or loving the unknown is faith.

See if few people are sitting and doing some ritual and they have strong belief it in that something is happening from that and it is happening with their life and you know you don't know what they are doing you have that faith 'okay, I accept it'. Without faith nothing can move in life.

Your doctor says you take this medicine you will get well and you have faith in the doctor so you take the medicine. If you don't have faith in the doctor you will never even touch the medicine. So, our life is run through faith. The Electricity Board has faith in you that are why they gave you electricity, knowing you are going to pay the bill at the end of the month. If they don't keep faith in you why would they give or care to supply you with electricity.

Putting a foot forward before you get the fruit of that action is faith. What's it? You move a step forward before you get the fruit of that action. This inner strength to take us forward in life is faith. Whether it is material realm or spiritual realm, without faith one cannot progress even a step ahead. If we go a little deeper, then believing in what we know is also faith only.

This is the fourth wealth (out of six types of wealth). People who have faith they gain more.

One who has faith will get the Knowledge and above that, along with faith if you have control or a say over your senses then it is even better. If you have control over your sleep, you have control over your eating habits, you have control over all other habits, and then your mind becomes very sharp and if you are drunk all day and night how can you gain any knowledge?

You know, when students drink a lot that's it, that's end of their education career and their mind becomes duller and duller. Have you found any alcoholic with very sharp mind? I don't know. If there is one he must be really an exception. He must be a miracle! Definitely not when they are under the influence of alcohol, but even otherwise you will find dullness creeping in them. So faith is very essential.

5. Then fifth type of wealth is 'Uparati. Uparati means enjoying anything that one does. Uparati is investing interest even in small things that you do and deriving joy in small things, little things you do, you derive joy out of it that is Uparati.

6. Then 'contentment', sixth type of wealth. That is also a gift, it's a wealth. A person who is content, he exuberates certain joy, certain vibrations which everyone would love to have. A restless guy cannot be an inventor. You may say no, it's contrary, some scientists were very restless, and Archimedes was very restless. Well, when did he find the principle? Not when he was restless, but when he went into the tub and relaxed.

Newton struggled all his life but when he felt completely desperate and just went and sat below the tree, relaxed. His brain got so tired of thinking and calculating and when he took a moment of rest that's when the apple fell that's when he found out gravity. If you really with keen observation look at every invention on this planet, it has come when people have gotten over the restlessness, desperation, dejection and arrived at a point of breakdown (maybe) and relaxed, in that moment of total relaxation, contentment, and creativity has come, but we understand it other way around.

We think contentment is in opposition with creativity and we think only when we are restless and agitated we will be very creative. If you are not content then how can you be creative? This is a question often crosses our mind. I tell you, contrary to this, it is contentment which brings creativity, not the restlessness. If agitation and restlessness is the cause of creativity then Afghanistan should have been the most creative part of the world. Last forty years there is restlessness, discontent. Lebanon should have been the most creative part in the world. Beirut has problems all the time. No, contentment is not lethargy. Do not confuse contentment with lethargy. Contentment is creativity.

These are all six types of wealth: Inner tranquility, Control over senses, Forbearance, Faith, Enjoying even little things, taking interest in small things also and Contentment.

What all you will achieve? That which can be achieved with effort is a wealth. Some wealth comes to you by inheritance, some wealth stays with you because you have maintained it,

and otherwise wealth will disappear and then other wealth with your effort you gain it. So wealth is that which you can gain by your effort. What all you can gain? Inner tranquility (Shama), Control over senses (Dama), Forbearance (Titiksha), Faith (Shraddha), Enjoying even little things, taking interest in small things also (Uparati) and Contentment (Samadhana).

Mumukshatva: The fourth pillar of Knowledge is desire to be free, that's called Mumukshatva. This is in everyone to some extent for sure. Everybody wants to be free at some time. Suppose you are doing one work, all day, all night, 'I want a break'. Just imagine you have no holidays at all, no Saturday, no Sunday, no Monday, every day same. What happens? You start feeling strangled.

In the same way in life, with any activity, with any company with any external thing there could be sense of bondage, sense of being strangled, then there is desire, innate desire that says 'I want to be free!' What are the things that you want to be free from? All that which is negative. We want to be free from desires, we want to be free from anger, we want to be free from blah, blah, blah, all that. What is that we don't want to be free from? Peace.

Nobody says I want to be free from peace, it's impossible to have a desire to be free from peace, from Love, you can't say 'Oh, I want to be free from love' no. If it is love as an existence, love as our nature, nobody wants to be free from love, nobody wants to be free from Joy. Can you say 'I am so happy; I want to be free from joy'? Nobody can say 'I want to be free from my generosity'. Nobody can say 'I want to be free from Magnanimity, my beautiful nature, my grand qualities, good qualities'. No. If you are acting to be good then yes you want to be free, but what is naturally coming out of you as good qualities you don't want to be free from that, you cannot even desire to be free from it.

This generation gap is because of lack of Mumukshatva. Father is 75 years old still he wants to make every decision and the son is already nearing 50 years of age. Beyond 50 years he cannot take one decision, his brain is all locked up and frustrated. 85 year old man he cannot perceive things and he wants to rule everything. He doesn't understand the three generations that are working in his own company. I tell you, there is so much suffering happening in the corporate world, in business families, because of lack of wisdom. Isn't it, okay that's enough for today.

35. Sri Sri Ravishankar in yesterday's Satsang

- ❖ How to make home into heaven?

Sri Sri: First accept people are different at home and support them in whatever way you can. If you have patience then you can make any place into heaven. If you lack patience even heaven you will make it into a hell. It's impatience that destroys our environment.

❖ Jesus Christ was crucified and he died on the cross. What karma is that?

Sri Sri: Jesus Christ actually did not die on the cross. He came back to Kashmir and he lived there for some years. You must understand Jesus Christ lived in a very dark age. When he was there people had very little knowledge about anything. There was only slavery, poverty, people had very little to eat & survive, there was fear and he had a very tough job to do. That's why it is said in Bible 'Those who have eyes will see, those who have ears will hear'.

When you are with a group, in the society where people can't see who you are, cannot hear what you are saying then this is what will happen. He had unshakeable faith throughout his life, but at the last moment he said 'Oh my God have you also forsaken me'. That one thing came, just for few minutes, that's all, but one thing you must remember, the Bible we have today was written seventy years after Jesus has passed. So just imagine, you see something, you are told something and you have told that to your children, but that is written after seventy years, how much they might have missed in between.

A lot of knowledge what Jesus had given was all lost and people even till today are finding in the Dead Sea, scrolls, there are things that Jesus spoken about breathing, about meditation, about vegetarianism. Have you heard about this? There are some scrolls which were found in some caves few years back and when they saw that a very different knowledge was given by Jesus in those days. There was one Jesus, today there are seventy two sects of Christianity today and each one contradicts the other. So one thing is Jesus teaches and its interpretation for the period has varied and varied and varied in many different forms.

Jesus spent twelve (missing) years of his life in India. He spent in Tamil Nadu in Mailapur. He studied there with Siddha, the Yogi. So when he went back he was doing all these miracles, his doubting Thomas kept doubting him, because Jesus was the first one to bring the message that God is Love, Love is God and you are in him and he is in you and the kingdom of heaven is within you. These messages Jesus brought to the Middle East, which people could not digest, they saw something new, something revolutionary.

The God of Jesus was not the angry one but a very loving one. People before that thought that God is only angry at us all the time, he is going to punish all the time. Jesus brought this concept of God as a father, a loving person, very much similar to what is said here in India. In Rig Veda it is said 'Piteva Putram'. Like a father takes care of the son, 'oh my God you are taking care of me' this father and son's concept. When Jesus was talking about it they would never understand. He said we are all children of one God, but later on they distorted it to the only son of God.

Jesus never said 'I am the only son of God', 'We are children of the only God' he said. From Hebrew to English by the time it got translated so many mistakes were made. He said 'our father in the heaven', when he says 'our father', he meant the father of all of us. Instead later on they said 'Jesus is the only son of God, no one else'. Jesus never said that. So he told the

doubting Thomas 'You don't believe me, you don't understand then you yourself go and see for yourself, go to India' and so after Jesus disappearance from Jerusalem, Thomas travelled in ship and came to Kerala and then came to Chennai, Tamil Nadu and he died there.

Even today you have Saint Thomas tomb there. Why would Saint Thomas come to India? He is a doubting person, he always doubted, because Jesus told him 'you go yourself, learn yourself' and he came, learnt yoga, learnt meditation, learn the Vedanta. That's why the Martho maas, the seminary Saint Thomas established he made all his priest wear saffron, maroon, red color, not white or black, so his own missionary had a different lineage to it. So when you keep analyzing many different things come out of it.

Similarly when you sit and think, read, take the good thing from everywhere and leave the others. See India and Indian culture is like a mixture of sand and sugar. You have to be like an ant, you eat the sugar and the sand you make your home. Everything has a use. In every religion there are wonderful things and there are things which are really to be discarded. We should select good things and that is where you need 'Vivek' (wisdom). If you have wisdom, you will find beauty everywhere, if you don't have wisdom you start blaming everyone, everything and you become miserable.

Tomorrow is 15-Aug-2016 and we will be celebrating Independence Day. This independence day see that you free your mind from anger, jealousy, and hatred. Nowadays we all are interdependent on each other. There was one time when we wanted independence, but now we should know that we all are interdependent on each other. We should also consider Independence Day as Interdependence Day.

Each state is related to another state, every country is dependent on another country. We cannot declare our country as independent unless we have good relations with our neighboring countries. That is why it is important on Independence Day to know value of good relations, for this wisdom is essential and to wake up wisdom in all the people of this world can be possible only through the strength of spirituality and we all need to work for the same.

Bring a wave of happiness in the country then we can enjoy the independence. We say we are free, but we are sad, what's the use. We wanted freedom to be happy but we have sadness, corruption, poverty, this is not freedom. So we will now have to fight for another type of freedom which is freedom from ignorance, impurity, both inside and outside needs to be removed. Through spiritual knowledge can the ignorance be removed. With education and spiritual knowledge we can remove ignorance. Then we also need to remove scarcity by making everyone self-confident and self-sustainable. We can do wealth creation in the country, by doing production (manufacturing), business in India, by engaging ourselves in doing something creative.

36. Sri Sri Ravishankar in yesterday's Satsang

- ❖ Guruji, what should one have a belief in – Belief in oneself, belief in the fate, or belief on the Guru?

Sri Sri: All three are the same. See, three types of faiths are essential faith in yourself, faith in the goodness in people around you, faith in the society. There are lot many more good people on the planet than the bad ones, but if you see through my eyes there are no bad ones at all: only the misguided ones and the right ones and then faith in something that is unseen and unheard, that something is there, some Power that is beyond comprehension. The whole universe is being run by some Power - Faith in that power, faith in all possibilities, faith in the goodness of people around you and then faith in yourself. They are all linked.

- ❖ Why are all the parents against the love marriages? Why are all the husbands older than the wife? If this is reversed is there any problem?

Sri Sri: Well, if it's in your case, if it is reversed it is ok! (Laughter). When there is too much age gap, it can be problematic. In any case, whether is it the husband or the wife; if the difference is 2 or 3 years, it's ok, but if the girl is 10 or 15 years older than the boy (or the other way around), then it's a problem. In the future it will lead to some complications. Generally, but there are exceptions to every rule and all the parents are against love marriages, I don't think it is the case.

Parents also see what kind of boy or girl their children have fallen in love with. They are not in a bubble; they are not in a rosy world. They have seen a very practical life. They may see the mismatch between the boy and the girl that you cannot see. This is because when you are in Love or because when you are in love, you are in a very different world. You are in a bubble! You are in your own different world and you are unable to comprehend the objective reality.

Parents are able to look at it in an objective angle. I don't think all the parents are against the love marriages. In some cases, parents I have undergone the love marriages also. My advice is taking your time, convince them. Don't be in a hurry! Either you convince them, or they will convince you, then you know how things will move.

One thing is making everyone against and you get married, you will not you will not have a very happy and peaceful life, because you have been with your parents, your family for so long and then if they are so adamant and you fight against them and get married, do you think you'll be really happy? Every night, every morning you will wake up with tears in your eyes, thinking about how your mother, your father, your brother, your sister are unhappy with you. So, you will not able to enjoy you're a new life that you have began with the conflicts with the old life. Isn't it? The best thing is to talk with them and convince them and put all your heart to make it harmonious and peaceful and then you have a Win-Win

situation!

- ❖ Jai Gurudev, there is a long ongoing debate that there is a lot of intolerance in India. What is your opinion about it?

Sri Sri: Well, I don't think there is intolerance. You can say there is Indifference, lot of indifference. People don't care about what is happening to the others. We need more intolerance towards injustice, we need intolerance towards illiteracy, and we need intolerance towards corruption. We tolerate corruption, we tolerate injustice, and we tolerate all sorts of nonsense. We need more of intolerance, and less of indifference.

- ❖ Guruji, ladies and are allowed in the Shani Temple due to your intervention. What do you think about ladies being allowed in the Sabarimala temple?

Sri Sri: Ladies are allowed in Sabrimala, who said there is not allowed? Women after 50 and young girls are allowed to go to Sabarimala. How this started in the past, in the ancient days, in fact Kerala is matriarchical society, women at least first in Kerala. In fact, in many of the house is the properties still belongs to the women in the house.

In ancient days going to Sabrimala was a big task because people had to go by foot and it would take for such a long time to go, to pass through such a thick forest, the forest would have all the animals, the lions, and tigers and all wild animals. There was a tiger century in that area and it would take so many days to go there, it takes about 40 days. So for the 40 days, they will do all the penance.

People would walk for 18-19 kilometres and if the woman had to travel for 20 days and they would have their period midway it would cause more problems for her and for everybody and for this reason they said women after Menopause are allowed to go there because she can travel she can go there is no problem. What is the lady gets her period on the way, and then there is a problem.

Now you may ask why period? Why women should not be allowed inside the temple during menstrual cycle. I want to tell you, you know in France, women are not allowed inside the winery used during the menstrual cycle. Do you know about this? When the woman in her menstrual cycle works in the winery, the wine turns sour. So, one gentleman - Hungarian scientist in Germany performed an experiment. He found out that the Gardner lady was watering the plants; the flowers will wither away for 3 days in a month. The same plant would be blossoming throughout the month but would wither way in those 3 days. You can look this up on the Internet. She has this menotoxin that comes out of her body and these menotoxins affect the flower these cause the winds to turns sour. As in India people in the ancient times knew this.

Menotoxin of a lady affect the young baby, they get stomach pain and diarrhoea, but with their own mothers it doesn't happen! This is very interesting. If the mother is in the menstrual cycle then it doesn't affect the child, but if another woman who is in her menstrual cycle feeds the child it creates an impact. These are amazing facts!

The other thing is these menotoxins that come out of the body, affects the environment. So they say you don't cook don't touch any food. In villages also they don't let women touch a lot of food because it goes bad. So here in India those three days women were given total rest and they were not allowed to go in the kitchen and we used to think that this is all rubbish, superstition. Really see that there is some scientific facts behind it, you need to accept it.

Secondly, women's mental situation at that time is very delicate. They are emotionally fragile. So they need to take a good and complete rest. This is the reason, in ancient days they did not let women in Sabarimala. In today situation it can change actually.

- ❖ Guruji, I am a born Christian, we believe that the Pope is infallible, that he cannot make mistakes. Is it possible? What about the Guru?

Sri Sri: See, whoever it is, beat a Pope or a Guru - anyone who is connected to the divinity, who is in the present moment, who doesn't want anything for himself or herself, will be spontaneous and in that spontaneity, there will be no flaws. It is a natural phenomenon. Having said that; no one should claim that, claiming that I am infallible is wrong, but when you are nobody, you are everybody and you are infallible!

Even when the Rishi's were angry, something good would come out of it. If you see from this angle, it's all perfect. It's something that blossoms from within. It's as good as saying that a mother can never be cruel to a child!

37. Sri Sri Ravishankar in yesterday's Satsang on 13-Aug-2016

Today, we had a meditation with three sounds in the beautiful backdrop of rain shower at the Art of Living International Center amphitheater.

Different sounds affect different parts of the body. When you say - 'Ha' - it is associated with Pain. Where does it impact? It impacts the lower body. When you say 'Ra' - it is associated with Light. Where does it impact? Upper part of the body. When you say 'Ha-Ra' - In this way, the pain is getting transformed to light. When you say 'Ho', what does it affect? Middle part of the body. When you are surprised, what do you say? You say 'Hmm', which affects the top part of the body'.

Now we will take Question and Answer

- ❖ We have been waiting for you to visit our city from 5 years. When will you come and meet us?

Sri Sri: Yes, people all over the world are waiting, but you go deep within and you will find me right there.

- ❖ I'm left handed; can I perform all rituals with my left hand?

Sri Sri: It's okay. Both hands are equal. 'Namaste' can happen only with both hands joined together.

- ❖ After I joined the the Art of Living, I do not light the lamp at my family's Pooja corner at home and they get angry at me. What should I do?

Sri Sri: You take it easy. You don't need to do rituals but if you can please somebody by lighting a lamp, you do it. Don't oppose it also. You have to be neutral. We don't crave for it and we don't oppose it. I don't need to do any rituals. At all, but still I sit in them. Why? So that it keeps a tradition alive.

- ❖ Guruji, I don't like few people and their thoughts keep coming to my mind. What should I do?

Sri Sri: Just give them a big hug and see how they melt and disappear!

- ❖ Gurudev, I'm shocked at the coverage of media on WCF. Why is the media so anti spiritual and how we can improve that?

Sri Sri: Educate and ignore. Some media will always be like that. They say things which are not true and later on regret. Sensationalism is what they want not the truth. Especially the commercial media is not interested in protecting the truth, what is right and what is wrong. They are only interested in bringing up something sensational, but people because of the social media are aware nowadays. It has created a different trend. A welcoming trend.

- ❖ I'm facing a lot of problems with a person who attempted suicide because he lost all his money in the share market. Now he is trying to invest in stock market, I am feeling very helpless about it.

Sri Sri: There is no need to commit Suicide. It is the worst thing one can do. There is so much compassion, on this planet. There is so much hope and light and there is so much love in this world. There is so much you can do in the world. So, Hold on.

- ❖ What is the difference between Sanjay's experience and Arjun's experience in the war?

Sri Sri: There is always some difference. What is the difference that you have to look into depth, because experiences can never be verbalized 100%. You can only verbalize them to certain extend. That is why it's called an experience. It's beyond the words. It is beyond the field of expression

- ❖ I see that everything exists and everything is. This realization has happened with me earlier too. How do I get established in this state?

Sri Sri: It's an effortless effort. You have to put some effort, and then there is no effort in it. This desire to get established itself is good enough, but don't make a mood out of it; we should not engage in mood making. That is, remembering and experience and trying to make a mood out of it. This will cause split personality in you. Take experience as they come and continue to reinforce the knowledge again and again.

- ❖ According to second law of thermodynamics, everything in this universe is moving towards increased randomness and chaos, but the life seems to move in the opposite direction. Is the life not moving according to the science?

Sri Sri: Life is also science. Absolutely, everything in life is also a science. From chaos comes bliss and from bliss comes chaos. You can see that here!

- ❖ When the divine incarnates on earth, how much divinity do they retain and how much do they take of humanity?

Sri Sri: You know its being nobody and being everybody. So the tree is there, the stone is there, a mountain is there and earth is there, the sun, the moon, everything is present. Everything just is. When you stop wanting to be something, you are right there. It sounds very complicated - on one hand, there is 'oh, you must become this, you must blossom, you must become fuller'. On the other hand it is said, 'drop everything and it's already there'. These appear to be conflicting values, but they are together.

Let me give you an example - When you are sitting inside a train, you are not moving, but the train is moving. You are sitting here on earth, stationary. Whereas the earth is moving anyway so, the movement and the stillness are simultaneously existing. Sun appears stationary, but even the sun is moving. The Sun, the stars and the galaxies are also moving. So, the movement and the stillness coexist.

There is a beautiful couplet in Gita - 'The one who sees action in inaction and inaction in action is the real intelligent one'. By you're not doing something, you are doing and when you are not doing something, there is something deep inside of you that is not doing anything. It's a very subtle science, it's a great knowledge. When you deep into it, many avenues will open up.

- ❖ In the Mahabharata, Lord Krishna said to Arjun even you can make this earth go up and down. Even then the war took place. In today's world when the doctors are replacing the hearts and the kidneys what is the need of all of this, when we are all anyways going to die. When the fate is going to overtake everything?

Sri Sri: No No, you are mistaken. Life is not all fate, neither is it all free will. Often, I give this example: Your height is your destiny but your weight is your free will. You cannot say being 150 kg is my fate! Something's are destiny, some are free will. Life is a combination of both. That is Karma, this is dharma. You need both - Action and acceptance for something that is beyond your capacity to act. You should not be fatalistic. Otherwise why would Krishna would ask Arjun to fight? He would have said - 'Hey whatever has to happen will happen. You keep quiet, I keep quiet'!

I want to tell you a story: Once lord Krishna was getting dressed up in the front of the mirror, dressing himself up, adorning the jewels and admiring himself. The charioteer was waiting outside. He waited and waited for a long time, but Lord Krishna wasn't coming out. So, he comes inside too see Lord Krishna and said- 'Lord, what are you doing, where are we going'? The Lord said - 'To go and meet Duryodhana'. The charioteer was shocked - why are you going to meet him. He should come and meet you? This is not right for you to go there. You have dressed up so nicely, so well!' You know what Lord Krishna said? 'Darkness will not go to the light. The light will have to go to the darkness'. That's why I have to go to him and Duryodhana can only see what is outside; he cannot recognize what is inside. He only sees what I am wearing and how do I look.

People often ask me - Gurudev, why are you going to Iraq? I say - we need to go there! The talk of peace is more relevant where there is war. Wherever there is ignorance, the knowledge has to reach there.

❖ What is 'Pitra dosh' and how can we correct it?

Sri Sri: 'Pitra Dosha' comes out of torturing the parents or the ancestors. If children torture them, do not understand them, then there is a pain within them. They brought children up with so much love, taking pain they have made you, they have given you a good life they been by your side to help you grow up and then you don't give them love and inflict pain on them, that is called Pitra dosh.

It can be the parents of the ancestors. It can happen from several generations but I tell you, your meditation, your being on the spiritual path, keeping a clean heart and doing a selfless service to some degree in life will just eliminate the Dosha from your life. See, sometimes people of miserable not because you did something to them but they are miserable because of their own ignorance. They expect things from you which you may not be able to deliver. Then you don't get 'Pitra Dosha'.

It happens when they are really pained by something you could do, but you did not do. You are you intentionally in inflicting pain on the parents due to your selfish reasons then are 'Pitra Dosha'. Then what happens? The progeny will have problems, your children will give you problems. The impact of it is children are born with some special needs, you know some deformities, some special needs. This is all the sign of 'Pitra Dosha'. Somewhere in the ancestral line parents were very unhappy with their kids, now you have to become unhappy with your own kids. This is the law of Karma.

But there is a remedy for it and the remedy is meditation. 'Om Namah Shivaya chanting'. This is why it's called Maha Mantra. It can rectify any of these doshas or shortcomings. 'Om Namah Shivaya' does not belong to only one religion. It is universal and it is for everybody. 'Om Namah Shivaya' the 5 letter indicates the five elements in the creation - earth, air, water, fire and ether. Ether is there for everybody it is not for one community. Fire is not for one community, nobody can say Earth is for one religion.

Om Namah Shivaya is the seed mantra for five elements and the consciousness. Shiva Tatva is all permeating, but when you think of Shiva automatically and image comes to your mind - 'getting dressed in different ways '. This is all symbolic - like snake is a symbol of alertness, the blue is the symbol of vastness of consciousness. In Tamil, whenever they do any Pooja they say - 'Shiva the inner consciousness. The inner space. The most benevolent in a space of consciousness is Shiva'.

38. Sri Sri Ravishankar in yesterday's Satsang on 11-Aug-2016

What is it we should discuss tonight?

The seed becomes tree and then the tree becomes the seed. So the fulfillment of the seed is to become seed again. Unless this happens the cycle is not complete. From the seed to

seed is the whole journey. It starts with one and becomes many. In the same way, the human life finds fulfillment when it finds the infinite nature of the being, that I am not just an individual, lot more than that. Till this awareness comes, there is restless inside. The way to get this fulfillment are three: Bodh, Yog and Prem.

In your own life, realize that - do you have an awareness of your own birth. Suddenly at one point, at one year of so, you start realizing something's. Then after some 4 years you start realizing your identity, but do you know when you were born? So we were there, that we all know.

Let me give you an example - When you make a pot through the ball of mud. Can you say that the space inside the pot was born? The boundary of the pot was created, not the space. Now what has value? The boundary of pot made of mud or the space?

Now do you buy the space or the ball of mud? You buy the space of within the mud. Now the human life, it expresses the infinity. The infinity itself has no value, and there is life on earth but it has not as much value. It is the human life with expression of infinity that has the highest value. We experience fulfillment through Yoga, Bodh (awareness) and Prem (Love).

Yoga is union, which cannot be expressed in words realizing I am part of the big mind. Everything is one and I am that. Now, 'Prem' or Love is our true form, it is not a feeling. We often think of feeling as Love and get entangled in it. 'Bodh' means being aware that you are nobody, I am nothing. I am everybody - that is 'Bodh'. I am that, I am this!

Now we will take Question and Answer

- ❖ I want to be Sith-pragya, not diverted by craving and aversion. How to go about it?

Sri Sri: The moment you realize that, you are already free from it. It's like when you have forgotten, it means the memory is already back. Otherwise, how will you know that you have forgotten? Be aware and have patience.

- ❖ You said that our thoughts and emotions have a rhythm. Please explain.

Sri Sri: Just look at your own life, how you felt last year at the same time? The object of your disturbance and happiness may vary, but your emotions remain the same.

- ❖ What is the importance of prayer?

Sri Sri: Prayer is natural expression which cannot be enforced. You can pray only on 2 occasions - one, When you are totally at loss, secondly when you are totally grateful. Other than that it happens, when you are deeply in love. Otherwise it is good to have a ritual; it

brings some color in life. It invokes the sleeping emotion, it takes away your worry, gives you confidence, gives you feeling connection to higher energy (even though you are already connected), and it puts you in a routine - that's why it is called Sadhana (discipline). It does not give you immediate benefit; it is not tangible but connects you to divine. It is falling in love with divine.

- ❖ Can Bhakti change your destiny?

Sri Sri: Yes definitely

- ❖ In yoga Vasistha, there are 4 doors to enlightenment - one of them is Satsang. Please elaborate.

Sri Sri: Satsang is having a good company. Now, how do you identify a good company? When you sit with someone and the big problems appear to be lighter, you feel confident, you have enthusiasm, it uplifts your spirit, gives you insight and courage. Some time you are hallucinating, Satsang will bring you to ground, and you realize whatever you were thinking or doing was not right.

- ❖ Is social media good?

Sri Sri: Yes. It helps you to gain authentic information. Otherwise the information was always sponsored by few houses. Now that is being taken away. It has brought democracy in journalism. As usual, it has its own flaws. It can spread both right and wrong news. Its up to us how we use it. We need to bring ethics into it. What are these ethics? Compassion, respect and honesty, without this, it can be very depressing.

- ❖ There are so many atrocities against the Dalits. What do you think should be done?

Sri Sri: This is the most unfortunate reality of India. Without social justice and equal rights to them, India can never rise. All the religious leaders should put their foot forward and dispel the myth of untouchability. If the people still believe have discrimination against the Dalits, and then they have no right to read the scriptures written by them. Scriptures like Ramayana, Mahabharata etc. If you look at the history, you will see so many saints were Dalits.

I have one more advise for the Dalits - just because of some stray incidents are happening, you should not abdicate your own heritage. Do not discard the Vedas, do not leave your own home and go away.

They say that in some scripture it is written, Shudras are like the feet. Now, I tell you that in India, we have never considered feet as something derogatory. Whatever comes out of the feet, it is called charnamrit. When someone comes in your house, you worship the feet first.

Come on, what moves the society is Shudhra. An architect or head can only give you the plan, but what execute the plans with feet on the ground was Shudhra. Here nothing was considered better than the others. Every part of the body is respectable, if you read the ancient scriptures, you will see that all parts of the body are the seat of the divinity.

Before the Pooja, we establish god in every part of the body. There are some people who try to break the country by creating the divisions within the society. Of course we need to educate the people against spreading the violence. Against the Women, communities, spiritual leaders. That just means we need a new wave of spirituality to overcome it.

❖ What are the antidotes for depression?

Sri Sri: Sudarshan Kriya, Sahaj Samadhi and Yoga. Recently they did an experiment in London on the patients suffering from depression. They saw that people after doing the Sahaj Samadhi meditation were able to come out of depression by 60%.

❖ Our performance in the Olympics is not good. What would you suggest to the youth?

Sri Sri: We don't have yoga and exercise as part of our lifestyle. Then you look at the food we eat, you will see it hardly has any nutrition. We need to give cooking classes to our youngsters. We eat only rice, potato and tomato and Paneer. We eat the de-vitaminized food. We overcook the food and throw away the nutrition part. So, we really need to build the endurance of the young people.

Our ashram kitchen has recently got certified for the ISO certification and became 1st mega kitchen in India.

You see, we eat mostly the acidic food. This causes the pain the joints, indigestion etc. So we need to introduce alkalinity into the diet. You all should drink the alkaline water. How do you make it? Add few pieces of cucumber and 3-4 lemons to 1 liter of water and keep drinking it throughout the day. This will take away most of your health

39. Sri Sri Ravishankar in yesterday's Satsang on 9-Aug-2016

❖ How to balance Excellence and Dispassion?

Sri Sri: When you want to get a balance, you are already looking for it. Whenever you are

out of balance, it pinches you. Listen to the pinch, that's all. If you have too much passion and no dispassion, you will lose night's sleep. You cannot do anything, you cannot meditate and it catches you like a fever, and then remembers dispassion.

Know that there is a bigger power that is taking care of everything, I have nothing to do! Then you will become calmer. Remember the dream nature of everything. Everything is a dream, and then the dispassion comes up automatically. If you find yourself being too lazy, thinking everything is dispassion and why do I have to do anything? Why do I even have to do my yoga class in the morning! C'mon! Wake up, do something. Never mind if it's a dream, you have to do something in the dream also.

- ❖ Can we also say that the indifferent person is dispassionate?

Sri Sri: Why you want to call somebody who is lazy and indifferent as dispassionate? You want to honor them?

- ❖ Is the bad period over? If yes, what will unfold in the good phase?

Sri Sri: Here in Satsang (where all of you are sitting) it's a good period! See, it's upto you, how you define it. If it is a phase in which whatever you do is not giving any results and things are falling apart, it is an opportunity for you to show your brilliance and you ideas.

The bad period can bring out all talents and good qualities in you. It can show how patient you are, how balanced and strong you are. If you have good intentions and you are doing good work, every period is a good period. Yes, some periods are more challenging than the others. That period will show you who your real friends are.

Actually in bad period, even your very good friends behave like enemies and if the time is good, even your enemies behave with you like your friends. This is what you must understand. In Kannada there is a poem - 'The one who has 'Hari' (Lord) in his heart, for him, every time is a good time. Today is the best day when you think of the divine. This moment is the great time to remember the divine'.

- ❖ Do meditations have effect on the global events? I am concerned about the situation in Kashmir. What can I do to bring peace there?

Sri Sri: Definitely it has an impact. Meditate and have an intention to bring peace there. If a butterfly can flutter its wings in South America and have an impact on the weather in China, you think your thoughts and prayers have no impact? Come on, wake up! You are more than the butterflies (laughter)

- ❖ What is the secret of Astral Travel, travelling beyond time and space?

Sri Sri: In the name of Astral travel, there is so much nonsense going on. People can get into a hallucination, that's why we don't talk about it much, but if your mind is centered and you are well grounded, then of course you get connected to everything and everyone in the world. All of this is normal at a particular stage of growth within you

- ❖ Gurudev Monday is for Lord Shiva and Friday is believed to be for Goddess (Devi). What is the relation between time & God?

Sri Sri: All the days are for you & me only (laughter). At all times, time is for us only. It is a belief that days are associated with planets (Graha) and planets belong to one or the other God (Devta), but you should not worry about these things too much.

'Shivaratri' does not come only on Mondays; it can fall on any day. The day, on which 'Shivaratri' falls, that day is of Lord Shiva only, right! It is not that only Monday is for Lord Shiva. Lord Shiva has control over some stars, planets; hence a rule is made like this. Not only days, but even Nakshatra have respective ruling deity. If you want to pray then pray to Parmatma, all the Gods are inside Him. That is why there is 'Ishta-devta' (Deity of entire family). We have 'Kul-devta' / 'Ishta-devta' for family, then 'Gram-devta' for entire village, 'Kshetra-paal' God for a particular area. All these rules are fascinating.

We have prayers for three levels 'Adhyatmik', where we have knowledge of self, then we have 'Adhyatmik' traditions, etc., then 'Aadi-bhautik' divine energy, subtle energy. That is why we say 'Shanti' (Peace) three times, 'Om Shanti, Shanti, Shanti', for Aadi-devik, 'Aadi-bhautik', and 'Adhyatmik'. 'Kul-devta' is there in a family, and then we have 'Chandi' and 'Vinayak' for effect of time. But we should keep in mind that we are not keeping fast for God. 'If you fast on a Friday, then Goddess will become happy; if you fast on a Monday then Lord Shiva will get pleased', No, nothing like that! You are not fasting on Monday to please Lord Shiva. You are doing fasting just for your own sake, for your health, body cleanliness and purification.

- ❖ Gurudev, it is because of your peace talks that there is peace in Columbia now, same thing is necessary for our country also. Please bless and do something like that here also.

Sri Sri: We are working silently in our country also at various locations. Our teachers went to naxalite area and worked for these people's transformation. We have Mr. Sanjay who went to Bihar and worked there. Lot of people is working in Bharat, but we do not publicize these social service projects, we work silently. Even in Kashmir we have worked with thousands of people, our teachers working there and if you also would like to work in these areas then please come forward, I am ready to send you along with a team.

- ❖ Gurudev, how to take complete responsibility yet not to feel doership and pressure of results?

Sri Sri: Look, forget about doership, just do it I tell you. Be a doer and do it, never mind. Don't keep any split in mind, just do good work. Even if you say 'I have done this', 'I have done this', then also it's okay, but do, we will see later. I will tell you later.

- ❖ Gurudev, I have come here to do Teacher's Training Program and become a Teacher, I feel that there is some connection that is why I am here. Secondly, accordingly to you, which is most important quality that I should have?

Sri Sri: You have come here to become a Teacher, good. You will go through lot of friction, washing and polishing. Then you will shine! Just that do not leave and run away in between.

To make you a teacher, we will make you go through lot of challenges, difficulties, so that you become strong. After that you see that you will do wonders in society. There was Shankaracharya Maharaj Ji, Gurudev of Badri-Kashi, who used to say that those who go through difficulties in my ashram will not face any difficult outside the ashram. One will become very strong and only praises will follow.

- ❖ What can we do to help the refugees get connected to spirituality when even their basic needs are not met?

Sri Sri: Why only the refugees? Even the slum dwellers are in the same position. See, you cannot go on supplying everybody with everything they need. You do whatever is within your capacity. Along with that see if the refugees are in the violent mode they can create disturbances; the poor people can take stones in their hands and throw at others, then they can also meditate and pray for other people.

These are two different things. One is giving them food and the other is giving them the ability to become calm. They are not contradictory at all. In fact, they are complementary. Making someone self-dependent isn't making them weak. By making them self-dependent, you are bringing out their inner strength.

To bring that strength, meditation is required. It's not a case that only the rich can meditate, spirituality is need even for the poor people so that they can stand on their feet. In fact, it's needed all the more for poor people because then they can manage themselves better with it. They can manage their feeling, emotions and they also get enough energy to act. It's needed as much for them as it's needed for the wealthy people.

40. Sri Sri Ravishankar in yesterday's Satsang

- ❖ I loved your tweet about spontaneity and impulsiveness, could you also talk about righteousness and 'right ness'

Sri Sri: Righteousness is associated with strong perception. When you believe in your perception, then you feel righteous. What you consider 'right' is only a perception. When you realize this, you see another dimension; because the perceptions keep changing.

A particular situation can be considered right from one perception and wrong from the other perception. This is where the conflict begins, because to you something is correct and to the other person, it's not right. So it is very interesting to see that when you have an open mind; your perception changes. When your perception changes, your fixed notions change. Then you have an altogether a different scenario.

Every time you are angry, know that it is because of righteousness. People who feel that they are righteous, they have tremendous temper and less patience. In a mature mind, when you have become wiser; of course you are righteous, but you go beyond righteousness. When you go beyond righteousness, you see everything in a different light altogether. Ascertaining righteousness, I would say is a weakness. Being righteous is good, but when you ascertain it, I would say there is a weakness somewhere.

- ❖ In the webcast on peace in Europe, you have mentioned that the education is essential in order to combat terrorism. Could you please shed light on how we can educate someone who doesn't feel the need of being educated?

Sri Sri: Skill, this is where your skillfulness comes into play. How skillfully you can maneuver the situation. Education is not just the technical education. When people say that education is the antidote to terrorism, I don't agree with them, because when you see the biggest terrorists on this planet, they were all highly educated. One of them was an engineer, the other was a doctor and even today all the terrorists that are caught are not illiterates. They are technically educated and qualified in the modern standards, but what they lack is the spiritual education. Here we need to be very specific.

It is the spiritual education, which broadens the mind, enhances one's ability to honor and respect everybody and everyone's religion. That gives a very compassionate heart. That type of spiritual education is needed, not just education.

- ❖ What is the importance of Upākarma (Annual ritual of changing the upanayana thread). Why should we change the sacred thread and what significance does it have?

Sri Sri: It is just reminding oneself of the commitment to society, knowledge, family, wisdom

that has been received. Just renewing it.

- ❖ Meditation is often called 'Turya avastha', where wakefulness and the rest exist simultaneously. If this state is so efficient, then is it possible to stay in this state for longer period of time and not just during 20 minutes of meditation?

Sri Sri: You know you take shower only for ten minutes but the freshness stays with you the whole day, it's like that. If not the whole day, like in summer- it stays for at least half a day; till you take the shower again.

- ❖ If I am feeling suffering from inside, can I still stay happy and smile on the face?

Sri Sri: You know life is like a 'Thali' (Plate) in which you have something sweet, something salty, something pungent, all different tastes are present. Like this, in your life you have little sadness. Maybe you have lost something or have lost money, share markets come crashing down your money that pinches. Yes that pinches but if you just hold on to that pinch only, hold on to that pain only, and then the life cannot go on.

Unless you are so well soaked in wisdom, in knowledge, in spirituality; you will continue to have some little grievances here and there and if you stop smiling because of those; in that case you will find the world to be a very depressing place. You should keep smiling having a strong hope that whatever pain and suffering that you have inside; will vanish. Anyway it doesn't matter - that wisdom one should have. To bear the discomfort and move forward and smile helps you to do that.

- ❖ Gurudev my friends often ask me how does the Sudarshan Kriya work? I have come here to the teachers training program; could you please let me in to the secret?

Sri Sri: Well it works, let us see, that first of all and how it works it is open researchers to find out. It is not just a technique; it is something beyond and diving deep into that is spirituality. The more you go deep into yourself, you discover amazing things about the universe

- ❖ Gurudev where is the end of the Cosmos?

Sri Sri: My dear, first tell me where is the beginning and the end of a tennis ball then I will tell you about the Cosmos. You have a tennis ball in your hand, tell me where it begins and where it ends

- ❖ Gurudev I have come here to become a teacher. In your opinion what are the 5 main qualities that a teacher should have?

Sri Sri: I would like you to note that down. You have seen teachers and what do you think is the ideal teacher? Come on, you come up with that and let me see

- ❖ Gurudev in all these years of teaching, have you seen any difference in people from 30 years ago to now?

Sri Sri: Oh yes! all the time. On one Level everything is changing; people's thinking has changed from place to place, from time to time. Change is a constant thing. At another level there is one thing that is running throughout; that has not changed. A lot has changed and a lot has remained unchanged. Both exist in this world

- ❖ Gurudev could you please speak about the great Jupiter transit that is happening tomorrow.

Sri Sri: This keeps happening every year and planets are changing all the time. You don't have to worry about all of this. Yesterday only I told that for a 'sadhak' every day is a good day; every time is a good time.

- ❖ Guruji Krishna is dark and so is Shiva. Is the dark energy more powerful?

Sri Sri: Well you can say that. That's with the scientist also say - that the dark matter is so powerful that is why the sun is in the spherical shape. The example that scientists give is of an air bubble trap inside a water bottle. Why is it in a spherical shape? because of the pressure from all the sides push it to assume a spherical shape.

Similarly, the dark energy is so strong is so powerful it is keeping all the planets in a spherical shape. If Mars is spherical, it is not because of the substance present in Mars but the vacuum of the all the dark matter around the Mars makes it so. It is same with all the planets.

41. Sri Sri Ravishankar in yesterday's Satsang

- ❖ Should we get angry or not?

Sri Sri: It's not that you should not get angry. Be like Shiva - who is the Neelkanth. He has poison in his throat. So when he is angry - he shouts from throat. Don't get angry. Just show anger but preserve your heart and mind.

- ❖ Mind stays in confusion.

Sri Sri: You are lucky that you have choice. Many people don't have choice. If you are confused in rasgulla and gulab jamun. If rasgulla has come in front of you then have it. Don't worry.

- ❖ Is there a strict No for Non Veg?

Sri Sri: Today maximum diseases are from non-veg. Go to the internet, check last 10 years diseases e.g. Chickengunia. It's caused by chicken; you get joint pain and fever for 1 full year. Another example is mad cow disease, swine flu etc. Today these animals and birds are being bloated with steroids.

The flesh industry works on profit and weight. They make animals bigger and heavy and steroids enter your body, because of steroids, medicines don't affect you. You need to double your dose.

Another thing that enters your body is Urea. 90% of mothers cannot breast feed in US because their milk contains Urea. The whole globe is becoming vegetarian now.

Next point, we are born as herbivores. Carnivores Saliva contains sulphuric acid which break down the flesh and it is digested easily.

For you, Non veg sits in your stomach for 72 hours and your body struggles to digest it. So much of energy is wasted because the HCl that your stomach has is of Ph2 grade and it cannot digest animal skin.

Imagine a dead animal sitting in your body for 72 hours.

Secondly, think globally - we are a green planet. We grow grass, we use it for animals and we eat them. Animal eats a lot of green grass. Cow drinks a fighter ship full of water in a lifetime. A ship as big as IANS Vikrant. 1 pound of cow uses acres of land to grow grass. Chicken uses 50 kg of food grains in a lifetime. One chicken only 4 to 5 people can eat but 50 kg food grains 400 people can eat. It creates a lot of hunger and poverty in world. It will be a great act of Seva if you drop non veg.

Maximum protein is in soya. We are not made for 6 pack abs. We are born for meditation. Slimmer body is a healthy body. We don't require that much protein. Fitness is not 6 packs. Fitness is when your body can decide yes or no whenever you want. Do it for health reasons. Make interesting vegetarian food. Simply drop non veg.

If you go and see "meat" video on you tube you will know, how animals are tortured its inhuman. You should see these atrocious videos. Fish and egg all comes under non veg.

Eggs does not grow on tree.

❖ Does god exist? If yes prove it?

Sri Sri: It's like asking am I in love? Prove it. Once someone asked the same question to Swami Vivekananda. He took a big stone and threw at him. The man started bleeding profusely howling. Then Swami asked him is it paining? he said Yes. Swami said prove it.

If there is a proof then it doesn't exist. It's an experience. You can't ask for proof. You can't prove love. Look at this whole universe. It has super intelligence. Why you don't get attracted to a tigress. Who decides?

Who is the underlying intelligence of this whole universe?

If you have done good deed then you will get good only. If you haven't received since long time, then you will receive with interest and vice versa.

Unless guru comes and protect you. Unless he shields you. If it has written to fall on stone then stone will come but it will be like pebble.

Sometimes you see it in form of a negative dream. Just like negative dream touches you and moved forward.

Lot of cheating happens in this magic world. Even if you are an atheist. You believe in yourself your own words and you are god. So indirectly you believe in god.

❖ Is there any biography of Sri Sri?

Sri Sri: You can read Guru of Joy, Stumbling into Infinity and Celebrating Silence

❖ Is it compulsory to become veg?

Sri Sri: Yes

❖ Do we have to avoid tea and coffee completely?

Sri Sri: Since you have asked - yes. If you wouldn't have asked then no. If you are addicted then drop it. When you feel that you can't live without tea then it's a problem. If you have addictions then leave it.

- ❖ What if you don't find time to meditate?

Sri Sri: Then do it twice. If you are so busy in life you have to meditate. If you have time to brush, go to toilet, breathe then you have time for meditation too.

- ❖ There is worry in my mind as my son and daughter in law keeps on fighting.

Sri Sri: Fighting, then it's good. Its test of love let them fight. If you don't have understanding then adjustment is required otherwise your love is very poor. Don't be afraid of problem.

- ❖ How to deal with a person who always talks negative?

Sri Sri: Avoid. Don't give importance. Bring them in AOL course. Some mental are not in mental hospital, they are roaming free. If you go to mental hospital and 50 people call you mad, will you feel bad? It's the same thing. Don't be a football of other people's opinions.

- ❖ Does meditation requires concentration?

Sri Sri: No. There is no concentration in meditation, while meditating something came then its ok. There is nothing good or bad in meditation. Whatever is happening just be with it.

- ❖ If I donate my parts after my death, will it affect my soul?

Sri Sri: After death you just become a body. People start calling your body. Please take away the body. No name is used. Breath is gone. You become body.

- ❖ How to sort out the inside?

Sri Sri: If your intentions are right. Actions will be right. Mostly people see action and not intention. People see what they are speaking, if everything is ok inside then outside will be also ok. Silence helps. Don't respond immediately. Maintain silence sometimes. Removing five senses is meditation. There is no involvement in meditation.

- ❖ Dear Gurudev, why do I go on and off in my sadhana (spiritual practice)? I hear that other people do this as well

Sri Sri: Well, it's natural. When there are fruits in the tree you enjoy the fruits and you forget

to water the roots and then when the tree starts drying out then you water it again. This is how we do. Once, twice or three times you go through this cycle and then you become intelligent, then you make it part of your life. Once it is part of your life then you will feel so uncomfortable if you don't do your practice even for one day. Even for one day if you are not in knowledge, it throws you off, you feel as if you're missing something, or there is a lack of something.

So, you need to make these good practices part of your life, like brushing your teeth. One day you don't brush your teeth, do you feel comfortable? You feel so awful, isn't it? Just like dental hygiene, this is mental hygiene!

- ❖ We heard about Nyaya darshana today. Could you tell us how logic can take us beyond logic?

Sri Sri: Logic is a sign of human evolution; logic is a sign of our intellect. Intellect is the important role in furthering evolution, in furthering life on this planet.

All that you see around, whether it's buildings or cars or planes or anything, even food and clothes, all are product of intellect. What is the difference between you and an animal? An animal has very little of that intellect and human beings have lot of it. So intellect has two things, one is to create and another is to perceive & understand.

- ❖ How do you know what you have is correct?

Sri Sri: That is Nyaya Darshana. Examining the very process of knowing and the authenticity of the knowledge. That is the basis of science. It's very necessary for people to know about Nyaya darshana.

In any research there is a certain methodology that is followed. Otherwise that research is invalid. Whenever there is a research, they ask, what your methodology is. How are you sure that what you are concluding is correct or not.

Nyaya Darshana is all that. It's questioning your own perception and its authenticity and its validity. The brilliance there! It doesn't say this is what that book says, you believe, you question it. Someone says, this is my knowledge, you say, how do you know whether it is correct or not? That is all Nyaya darshana.

Sun is rising and setting, that is what our eyes say but you question it, is it really true? No, sun neither rises nor sets; it's the earth which goes around. Like this, the knowledge of senses is inferior to the knowledge of intellect and knowledge of intellect is inferior to knowledge of the Self.

So there are three levels of knowing. Your intellect says something but there is a gut feeling, it defies all logic that is the knowledge of the Self that is higher knowledge.

So nayaya darshana talks about these three levels of knowledge. So that is the first step so you don't have any prejudice in your mind. It helps you to get rid of prejudice; it helps you to get rid of dogmas and preconceived notions and erroneous understandings, and perceptual shortcomings.

You keep a pen in beaker half filled with water, it appears to be bent, and this is an optical illusion. The nyaya darshana takes you out of sensory illusions to get well lodged in intellect and from there, there is Yoga. Yoga takes you to beyond the intellect to an experiential existence, experiential level of consciousness.

It's very technical, only scientists would love those things. That's why it is said that the relationship between the seer, the scene and the process of seeing. Seer and the scenery, does the seer have an impact on the scenery or the perception is affected?

If the seer is very alert he sees everything differently. If the seer is worried, he sees things differently. If the seer is drunk, he sees everything totally differently. So the scenery is the same but the perception becomes different. If it all goes above your head, never mind.

42. Sri Sri Ravishankar in yesterday's Satsang from Canada

You are the source of Love. Turn inward and repose. If you ask people committed biggest crime on planet some way they I didn't do it they are shocked how did it happen. They say it just happened.

Now we will take Question and Answer

- ❖ You say when you are scared of something face our fear? Where do I get the courage to face that??

Sri Sri: Know you are not alone when there is universe al power is with you. You are being loved very dearly. All trouble begins when you forget that you being loved dearly. If you are down you loved and enjoyed. Just move on. Take deep rest with dispassion. Three things

1. Be passionate: There is no worry. Life becomes boredom when there is no passion.
2. Dispassion is essential: It make you centered. It keeps balance in emotion.
3. Compassion: It is

- ❖ I realize that I have touched with desire of my family? Does spiritual path invoke detachment??

Sri Sri: If there are so many desires than you're in trouble have one desire focus on it. A gentleman came of 60 waiting for my soul mate Guruji. I said don't wait or you'll find it in heaven. (Laughter) I share with you Shakespear of India Kalidas. This Kalidas how he became Kalidas? There was an emperor. He had one very beautiful and intelligent daughter. It was a very difficult for her to find suitable match. In India there was a pratha of Swamyvar from ancient time women have power in India.

So this lady asks a question to many eminent kings but no one can answer it. Year after year it happens. King was worried and more of Minister .Minister said I want to teach her a lesson. Minister ones saw in forest a woodcutter, he was sitting on a bank cutting the root. Suddenly an idea stuck in his head. Minister said to wood cutter hey come with me. You remain in silence you have to say this and this. Dressed him very nicely, make him nice and look more civilized. He bring in front of the queen and said I have brought the most intelligent one in front of you.

She said I asked her a question and that woodcutter answer all question. Minister said first sign of intelligent is you talk in silence and she was so impressed then she got married to him. After that she came to know she doesn't know how to write alphabet. Now she felt very cheated. She goes to temple she cries. She realizes I was so arrogant and rejected so many people. I was truly defeated. She wants get defeated in another sense but she gets defeated in other sense.

She goes into deep meditation. Mother divine came and the men (woodcutter) siting bewildered mother divine said stretch your tongue. Devi writes "OM" on his tongue and he started reciting amazing Shloka.

I have said this story because if you get someone not up to your mark you have power to change them (Laughter).

- ❖ Dear Guruji what is the significance of focusing on our nose?

Sri Sri: Just above nose there is a center known as Agya chakra. The commanding center, that keeps the attention awakes and bring your attention to nostril. It helps you to remain balance and active in most restful state. When you have sensual experience the back of your head is mostly active and when frontal cortex are active than focus is there attention is there. Quality of attention changes. There are three dimension body, breath & mind. All three are linked but have different dimensions.

- ❖ When I see beauty and talent in others my mind pulls me down and get jealous.

Sri Sri. Perhaps you don't realize that everything going to dies. All the beauty is going to die. Cleopatra died. Wake up and see (Laughter). Just see them without the skin. You will be horrified run away. Beauty appears. It's skin-deep is not like that. Beauty is our nature.

- ❖ They say you should to keep Pitra happy?

Sri Sri. When you meditate and you are in knowledge it goes to those also who left their body. There is one very beautiful tradition tar pan.

- ❖ Some people who are non-veg say veg people kill plant? I tell them our system is not made up to consume such things.

Sri Sri. Just tell them to google about website and why to veg or non-veg. This generation is so fortunate. There is iPhone and laptop. Knowledge are at finger tips. We use to go library and search.

- ❖ Who is a yogi and what is a yogi's way of life?

Sri Sri: A yogi is a child. A yogi is becoming a baby again and again. If you look at a baby, from about 3 months to 3 years he does almost all the asanas. It can even teach you pranayama. You don't need a yoga teacher if you observe a baby. Similarly, all animals also do some asanas.

A yogi is one who is connected with the infinity; connected with everybody. He doesn't feel isolated with anyone, at any time. Yogi is one who is skillful, one who is flexible. Some people have a very flexible body, but their minds are very rigid. A rigid person is not very palatable. He cannot communicate properly and is not open to new ideas.

A yogi is one who is not rigid but at the same time who is not very mushy or wishy-washy; he is very straight forward. He has strength, yet is soft. He has a childlike innocence, yet depth in wisdom. He is childlike, not childish. He has a childlike simplicity, yet is wise. A yogi is sensible and sensitive.

Often people who think they are very sensible are not very sensitive, and people who are very sensitive are not sensible at all! A yogi is a perfect combination of sensibility and sensitivity.

Yogi is one who is loving, yet very centered. Often people who fall in love lose their centeredness, and people who are very centered, they don't seem to be radiating love. A

yogi is the perfect combination of head and heart; being centered and at the same time being very loving.

You can assign all ideal characteristics to a yogi because a yogi is one who is connected to the self, connected to the universe, connected to everybody; because everybody is connected.

- ❖ How do you run The Art of living in 155 countries at such a pace and with such peace?

Sri Sri: I simply don't run them at all. (Laughs). That is the secret - it all happens with some divine law. See, knowledge has organizing power. If you are in knowledge, then everything happens. When you are in a center, the circumference is already there. When you are centered, you are equal-distant from every point in the circumference. So when you are centered, it has tremendous organizing power because the centeredness itself will bring it to you, and that is knowledge. Self-knowledge has organizing power because the higher self has organized this entire universe in its perfection.

Why don't you ask me - why are these hibiscus flowers all so perfect in their color and in their texture. There are millions of hibiscus trees, and millions of hibiscus flowers blossoming. The jasmine is blossoming and is so perfect. The fragrance of the little flowers is the same way throughout. Why don't you ask me how is that this coconut is so nice and tender with such sweet water! There are a million things and zillion things to be amazed about in this creation and you see that power, that consciousness which is the basis of whole creation, has tremendous organizing power and infinite knowledge. When we are with it, it manifests within us also. A little bit here and there.

43. Sri Sri Ravishankar in yesterday's Satsang from Bangalore

- ❖ Gurudev yesterday you spoke about seeking attention from others, how about seeking attention from Gurudev?

Sri Sri: Remember one thing- Gurudev's attention is always there. You don't have to seek it. You seek water only in a desert, not at the banks of Ganga.

- ❖ You mentioned consciousness is old. How old and what is this consciousness?

Sri Sri: If at all there is one word which can come close to represent the consciousness, you can say it is "Om", because when you say "Om"; there is 'Aa' 'Uu' 'Mm' the energy is complete.

- ❖ Gurudev could you talk about 'Prana'. What does the word mean?

Sri Sri: It is simply the life force. It is not just in your body, it is everywhere, in vegetables, trees, animals it is all over. Actually we are floating in ocean of 'Prana'. Our bodies are like the shells in the ocean of Prana.

- ❖ Gurudev, we make plans and execute them. Do you have any master plan?

Sri Sri: Everything is happening according to the 'master' plan only!

- ❖ Gurudev, as a school teacher I see a lot of children doing the intuition process and wonder what really is education. Can you tell me what really my role as a teacher is?

Sri Sri: The Intuition Process is going to create revolution in the world; revolution in the field of education. Children are going to be aligned to truth, what is happening and what is going to happen in future. It will be very hard for teachers and parents to fool your kids. You can't fool them there will be nothing like the question paper leak. It would be already known to children. The activation of third eye is very quick and easily possible in children as there is no aversion or craving in them. Before the age of puberty, there is no attraction, and there is no aversion. There is no hatred or attachment. Their mind is quite fresh; there is already certain level of equanimity. So it becomes very easy for the kids to attain that intuitive ability. Not that elder cannot acquire it, it only takes a little longer.

- ❖ Is Samadhi bound by the law of cause and effect?

Sri Sri: Samadhi is one thing that's beyond cause and effect. Though at one level you can say yes, there are conditions for Samadhi – like if you have eaten too much or not eaten at all; if you are too restless; have too many aches and pains in the body; if you have too much agitation in the mind, they all can be obstacle to Samadhi. It's a sort of catch of 22 situations; if you get Samadhi all these disappear. It's like a chicken and egg situation. If you had good Samadhi, then all these things disappear and if you don't have these, then good Samadhi can happen. The practice of meditation, when it is stronger than the impressions, then that wins over. The practice of meditation wins over the impressions, restlessness.

In Patanjali yoga sutra, Maharishi Patanjali has mentioned 9 obstacles to Samadhi : Vyadhi (illness); Styana (inability to comprehend); Samshaya (doubt); Pramada (carelessness); Alasya (laziness); Avirati (non-attachment towards the senses); Bhranti Darshana (hallucination); Alabdha Bhoomikatva (non-attainment of any state) and Anavasthitatva (instability). I have spoken on these before. These can be overcome by focusing the mind on one thing: Ek tatva Abhyasa (practice the one tatva). With practice you can get rid of them. This is so common in our experience, people have different health issues etc, but when they

start practicing, within the 1st week they find the result; they find that the things become different. Isn't it?

- ❖ Gurudev, when I pray for someone else then it work immediately and their job is done, however whenever I desire something for myself and pray for it, either it takes years or doesn't happen at all, why is this?

Sri Sri: You should take others help there, you know there is the saying 'you scratch my back and I scratch your back', like that, if you fulfill other's desire and you give your desire to others to fulfill it. Let others do the job. Once you know the formula; it is very easy, if you know this is how it works, then you can't complain, you have the formula of how it works.

There is a story; I think I have told this before. There once was a gentleman who was very irritated with his wife, because whatever he wanted his wife would do the total opposite. If he had said that he doesn't want to eat idli, she would cook idli only. If he said that he doesn't want to wear blue shirt, she would keep all the blue shirts ready and ironed, all others would be crumpled. Like this, she would do only opposite of what he wanted. He was very troubled with this and when you are troubled you look for a Guru. So this gentleman found a Guru, he shared his problem with Guruji.

Guruji told him it's no big deal; it has a simple solution and whispered it in his ear. Conversations between Guru and 'Shishya' (disciple) are kept private; the instructions are not shared with everyone. So after 3 months of getting the advice, same man went for a walk and met Guruji who also used to go for walks. He went to Guruji and told him that his formula worked wonders and he is a happy man now. Guruji forgot what formula he gave and asked him to share it.

The man said "I am doing exactly what you said: If I don't want to eat Idli, then I would ask her to make idly on that day". That's what Guruji had told him - 'If she doesn't listen to what you say, then you tell her to do whatever you don't want her to do. So, if you don't want to wear Blue shirt, then you should tell her that you want to wear blue shirt. Then you definitely will not get blue shirt to wear!

So, then like this if when we get to know about anyone's nature, we should accordingly behave with them that manner. You should know how to behave with cow and a dog! You have to treat them differently. Every species has its own language and every person has its own way of behaving and living. If you able to understand that, then nobody can disturb your peace of mind; nobody can ever make you sad. We usually show our weakness and invite others to hurt us, 'I am sad! Come and make me even sadder!' Then people will definitely hurt you.

Look, Compassion and forgiveness are present only in that person who is peaceful and content from within. The one who is not satisfied; the one who is restless from within, how

will you get compassion from them?

For example, a beggar who himself does not have anything to eat, you are going and asking him to give you food to eat! He is looking for an opportunity to grab food for himself, what will you get from him?

Whatever you want should be asked from the one who already has it. The one who is full of love; if you go and ask him/her for love, then you will get it. What can a person who is restlessness, sad and suffering from scarcity can give you? A person who is suffering, is empty from within, how will he give you fulfillment? That person is making an attempt to fill his own pot, to get contented. Now, if you approach this person and ask him- 'Give me fulfillment, give me attention' then what will they do? How will they help you? You all understood this or not? You see from this perspective that: you should ask for something from one who has it. One can give you only what he/she has.

If someone is giving you hurt then it is because he is hurt from within, one who has love within can give you love, one who has vastness within can give you vastness and one who does not have these things inside and has only emptiness, fear, then they will give you that only.

Those who are free can give you freedom; if you sit beside them you can feel that freedom. Those who have an addiction will also pull you into that addiction. That is why there is old saying that your company has a lot of impact on yourself. This is called 'Sangha-dosh'.

❖ How to safeguard ourselves from Sangha-dosh?

Sri Sri: Just with this realization and intention, half of the work is done and, then with regular Sadhana (spiritual practices), also little meditation, remaining sangha-dosh can be overcome. Once you know that you are suffering from this 'Sangha-dosh'; then that's it.

Suppose you had good relations with your neighbour, in between something happened, some argument, then see how that small thing will get stuck into your head and make you suffer. How many people had this experience? Raise your hands, see! For no reason you get worried. In fact there is nothing in that all, it's just a fight with a neighbour. A Lot of our time gets wasted in this thing, our mental & physical energy; strength gets wasted, on just a small issue, 'he said like this or that, they should not have said this or that', etc. People will behave as per their own nature.

Understand this very carefully - Time also plays a vital role in this. If your time is good, then even your enemies act like your friends and if our time is not good, then even you're nearest and dearest ones behave like enemies. Sometimes you might wonder, that you have not done any wrong or harm to a particular person but still he has become your enemy! How many experienced this? Those people for whom you had put your 100%, they also suddenly

they turn against you. You don't even understand what happened and why have they become your enemies! If you talk to them also, they will also not know the reason why you two are enemies! Suddenly you will see that there is animosity.

Similarly, your enemies or even the ones whom you do not even know will come forward for your help. How many experienced this? Hence it is said 'kaalay tasmay namah', 'Oh kaal (time), I bow down to you'. If time favors someone, then even beggar becomes king and king becomes beggar.

Now the question arises 'how to control kaal (time)?' then it is said 'Om Namah Shivaya'! There is only one Shiva, only one 'Shiva Tatva' that can control kaal and nobody else can! Shiva Tatva, which is not outside, it's within. That why we do Sadhana & Satsang. How many people had this experience when you step inside ashram you feel difference in the vibration? See this is what 'Kailash' is. It is not just a mountain. 'las' means joy, where there is only happiness, high energy. Where there is only Joy – Keval (only), 'Las' (Joy); that place is 'Kailash'. Do you all not feel it the same way when you come here (to ashram)? (Crowd: Yes)

44. Sri Sri Ravishankar in yesterday's Satsang on 22-May-2016

- ❖ We are here for a lawyer's special advanced course, as a lawyer what is my biggest take away from this course?

Sri Sri: First of all lawyers do a lot of left brain activity that is logic, analysis and verbal skills. Definite parts of our brain are assigned definite jobs, if one part of the brain is overused, there will be wear and tear very soon. To balance and rejuvenate that part of the brain you have to have an activity which is directly opposite to it like music, meditation, silence, relaxation. This is something that you can gain here. You get much needed balancing of left and right brain.

Meditation changes the structure of the brain; it gives you intuitive ability, inner comfort and relaxation. It helps the brain to recuperate itself. Meditation and silence have psychological and spiritual benefits. As lawyers, right or wrong you are arguing the whole day, you are talking a lot, so silence is very good, it gives rest to that part of the brain.

Many people think if you are into music and meditation you may lose your logic, ability to argue, it is not so, meditation makes the brain sharper, mind clearer and body robust. This is all you need, you need stamina to stand up and speak, to work late night and prepare for cases.

See a school/college student has to do the homework only for particular period of time. Once they graduate they don't need to work so hard, but a lawyer is like a student for life. They have to prepare for the next day, refer the books daily. Sharpness of intellect and memory is demanded from a lawyer, if a lawyer loses memory, it will be disastrous. They

need clear and sharp memory, keen observation and perfect expression. I am sure meditation will definitely give you all this.

- ❖ Gurudev today the right to pray movement is growing big, how come only in the Hindu religion people want ladies to enter 'Garbhagriha' whereas in mosques no-one wants priests/maulavis to be females?

Sri Sri: You need to wonder about it, there is no answer. Hindu religion is very dynamic, it changes with time, it has a broad spectrum and on top of it it is not well organized, so people can demand anything. There is nothing wrong in demanding also but when there is a strict system people are little cautious of demanding there. They are scared.

- ❖ Here in South India there is tradition of sitting in the temples for some time. Can you talk about it?

Sri Sri: It is an old tradition, it is said that you shouldn't return from a temple without sitting there for some time. Some people don't even sit for 5 second; they sit for a second then get up and run. Don't do this. When you visit a temple you should sit for 10-15 minutes and meditate. God is within us. Those who look for god in temples and other places are not intelligent. "Jahan baithe wahin hai kailash" (You have everything right where you sit).

When you sit with your eyes closed and go deep in meditation then the mind becomes stable and centered then you get everything. This is why in olden times they used to go for pilgrimage, so that people could sit with the saints in "Satsang and Meditate", listen to knowledge. Now a day it has become commercialized, people go there perform some rituals and run. I am not saying don't perform the rituals, do what but you have to do, but halt, rest there, sit and meditate. For this you don't have to go to 'Kailash Parvat' or anywhere. Meditation is most important. When you go into the depths of meditation you get everything.

Are all your desires coming true? (Yes!) When you want something it gets fulfilled, now wish for something big. We need to care for the environment, save water, go organic. It is very important to conserve water. Don't leave the tap open while brushing, close the tap. While washing hands, washing dishes, conserve water. Use Indian chemical free soaps, not imported soaps, that's why we are making these things here. Save the earth by not creating chemical pollution, don't add chemical filled detergents in water.

- ❖ How to find real passion in life?

Sri Sri: How do you know you have a headache? Just like that.

- ❖ What if thoughts come while meditating?

Sri Sri: Let them come. They come and go on their own. Keep surrendering them.

- ❖ It is said that if our right eye is blinking, it bring us bad luck. Is this true?

Sri Sri: Don't Bother about all this. Just do 'Om Namah Shivaya' Chanting.

- ❖ What is Pavamana Suktam?

Sri Sri: It's a prayer. It says - Let all the Gods and the divine purify our heart. Let everything be Pure. Our Mind, Our intellect, Our Environment, Our Thoughts, Our emotions - let everything be pure. Let even the body be pure.

- ❖ What are 'Akarma' and 'Vikarma'?

Sri Sri: 'Vikarama' is the specialist Karma. 'Akarma' is not doing any Karma.

- ❖ People don't like to mix with me, I feel alone. What should I do?

Sri Sri: If other people don't like you, then just let it be. Just know that the divine likes you. No need to feel bad about these things. Where is loneliness, tell me? Look at the environment, look at the nature and your loneliness will go away. There are many people who are facing problems, old people. Serve these people who need you. If you serve these people who need help you will not feel alone. If you sit alone and think that others should come and serve you, then you will feel alone, but if you serve those who are in need, your loneliness will go away.

- ❖ Who is a good devotee?

Sri Sri: All devotees are good only. It's not possible to be a bad devotee.

- ❖ Is having a desire ok?

Sri Sri: It's ok. Let them be. Just know that you are bigger than the desires. Then, even when the desires don't get fulfilled, your mind is not lost. This is possible only through spirituality.

- ❖ It is said that the whole world is an illusion. How can everybody have the same illusion? The world is so gross and so visible.

Sri Sri: If we see from a scientific perspective or if we look from the spiritual perspective, it's the same truth. If we sit and do 'Manana' (reflect upon it) we will get the answer. Talking about this will not help. Some answers we get by asking. Others we get by 'Manana' (thinking about it). Still, some other answers will come through 'Nidhisha' (experience).

- ❖ What is more important? Having Spiritual knowledge or Material knowledge?

Sri Sri: Is drinking more important or eating? Both are important. Intellect is also important, emotions are also important. When we are watching a T.V - Should we see or should we listen? Both are important right?

- ❖ Is it possible to attain Moksha without reading the scriptures?

Sri Sri: It is possible through Meditation, no need to read so many scriptures. If devotion is there, it comes very naturally.

- ❖ You said Shiva has no form. Then all the stories in Shiva Purana - are they not right?

Sri Sri: In the scriptures, the Puranas, they have only given examples. The principle in those stories is what you need to take.

- ❖ What should one do if someone blames us about something we didn't do?

Sri Sri: Without knowing if they say something, you should educate them about the facts, the situation and then ignore. Then let it go.

- ❖ Is Marriage an obstacle to enlightenment?

Sri Sri: If you think it's an obstruction, then it will be. If you think it won't be an obstruction, then it won't be. It depends on us. There are so many people who do Seva even after being married. It all depends on the state of our mind.

- ❖ Why temples are built on hills in India?

Sri Sri: When you walk up the hill, there will be a difference in your body and breathe, inside

some sort of Kriya happens and when you go inside the temple and sit, the mind calms down. That is why they built temples on hills. When you walk pranayama happens, when you go up the hill, body gets an exercise and when you go up there and sit, meditation happens very naturally. God is inside us, the only way to meet God is meditation. As you sit to meditate, then gradually you will be calm and peaceful from within, after that it will be blissful, after that there will be lot of light & clarity that is God that is Divine.

- ❖ After Kriya, lots of changes have happened mentally and physically, but some sort of sorrow keeps coming in. How do I get over this?

Sri Sri: You have come here; now leave all your sorrow here. You just keep the faith that everything will be good.

45. Sri Sri Ravishankar in yesterday's Satsang

- ❖ How to surrender and yet take full responsibility?

Sri Sri: Forget about surrender! Just know that there is one power which is in control of everything. Seasons are not in your control; the earth moving around the sun and all the planets moving in their orbits are not in your control. Every element on this planet has its own laws within which it functions, all of which are not in your control.

There is a natural law, a power that is in total control of everything, which gives you some control to do certain things. It is like the pilot of the plane is controlling the plane, but inside the plane you can get up, uses the washroom, sit or stand. There is little freedom for you too. Similarly, we have our responsibilities; we perform them to our optimum. We take responsibilities; do what we need to do knowing well that the plane is being steered by a good pilot.

Surrender is not an act. Actually the word surrender has lost all its meaning. Just be aware that there is a bigger mind, a bigger self, a bigger intelligence which is at work.

- ❖ How can I have faith that God will take me out of this Maya, especially since He created it?

Sri Sri: Only one who has created Maya can take you out of it! From time to time, observe three things within. Desires - Desires come one after another; one gets fulfilled and another comes. Some desires don't get fulfilled yet more desires come. Let them come, don't fight with them; just observe that the desires are coming. Intellect - Likes, dislikes and judgments arise from your intellect, just recognize them. Ego - I am happy, I am unhappy, I am miserable, I am too good, I am not so good. All that 'me', to which you attach many other adjectives, that 'me' is the ego. Sometimes you should say, "For some time, let me freeze all

three things". When you do this, then something happens. That magical moment when something happens, you say, "Wow, this is the deep rest that I have always desired. I did all that I could do, all my life, for this joy that is deep inside me!"

This awareness dawns from within you. So from time to time you have to sit freeze your desires, intellect and ego. Just freeze it for a few minutes, and then the depth of silence, the vastness of peace suddenly becomes yours.

46. Sri Sri Ravishankar in yesterday's Satsang from Bangalore

- ❖ Gurudev, could you talk about the source of desire? What is the role of desire?

Sri Sri: This whole world. A desire arose and God created this whole world. When Satva is there desires get fulfilled. Whatever you want happens. So, wish carefully! Desire for big things, let everyone be happy, let everyone be well. When you have a broad vision all the small desires get fulfilled themselves. Whenever a desire is fulfilled, it leaves you in the same place that you were before the desire arose. There are three Shakti's - Gyaan Shakti, Ichcha Shakti and Kriya Shakti. Knowledge, desire and action. All three are important. Some people have only Ichcha, they don't have Gyaan, when there is no Gyaan there is no Kriya Shakti. Such people keep having desires after desires and remain miserable.

- ❖ Gurudev, after the debate between Shankara and Mandana Misra, Manadana Misra renounced the family life and took Sanyasa. Was this fair for his wife?

Sri Sri: His wife also went forward on the path with him.

- ❖ Medical science says that all the cells in the body are replaced within 1 year. Then why do cells with diseases remain unchanged?

Sri Sri: Because the memory is stuck to the cells, if the memory changes these cells also change. This happens with pranayam, meditation and yoga. Medicine and knowledge bring changes. Sometimes mind clings to the events of the past; this impacts the cells of the body. With a change of mindset the body also changes.

- ❖ Gurudev, Is a Brahmin above a Shudra?

Sri Sri: Shudra is the one who runs around unhappily, who is undisciplined. Children are all undisciplined by birth; they keep crying and running away. The shift happens only once they get disciplined. Those who manage to graduate and become disciplined are Brahmins, others who dropped out are Shudras. Still in no way is one greater than the other. There is

dignity in labour too. That's why in society feet are given respect, people bow down to the feet, which are like Shudras of the human body. It is 'Charan-Vandana' and 'Padhariye' to show respect for the feet. People don't touch head to show respect, what can a man do just with head if feet are not there? So there is no discrimination between the four, all are great on their own. This is what is written in Gita, they all are great in their own work. Engineers, doctor, professor all have their own dignity.

In West 'foot in the mouth' is used as derogatory statement; 'foot' is looked down upon. In India 'Baal-Krishna' is depicted with 'foot in the mouth' he is sucking on his toes, not just baby Krishna, every child does that. It is a symbol of totality. Everyone has their own place, this is what is said.

47. Sri Sri Ravishankar in yesterday's Satsang from Bangalore

- ❖ Why is attachment so easy and dispassion so difficult?

Sri Sri: What is not seen and what seems, is not true.

- ❖ How should an ideal student be?

Sri Sri: Student should uphold the ideals.

- ❖ Gurudev, government has banned Maggi but why not alcohol, cigarette & tobacco?

Sri Sri: They have left it for us. Let the government ban what they want. We should not sit idle. We should put a ban on all these things.

- ❖ Guruji, how do I find contentment? How do I get satisfied with what I have?

Sri Sri: Are you satisfied with all that you have attained so far, ask yourself. No. Then what will you do. How do you give contentment to the contentment? You won't feel content unless you repose in yourself, meditate.

- ❖ Gurudev, you gave us so much Knowledge and bliss, what can I give you?

Sri Sri: Smile. Make all your friends happy, those who don't know how to be happy like you, make them all happy. The more you share happiness, joy, bliss the more it increases. Sharing sorrow with others doesn't serve any purpose; our problems don't get solved by sharing.

48. Sri Sri Ravishankar in yesterday's Satsang from Bangalore

- ❖ Guruji, where did you get so much and such huge knowledge from?

Sri Sri: Oh, you grow up and then I will tell you, right now let it be a secret.

- ❖ Guruji, how to overcome the pressure of exam? How to overcome tension, school is stressing me?

Sri Sri: Intuition Process, you can guess exactly what questions are coming. We will start for above 18 also.

- ❖ We have heard this line from you 'don't fall in love rise in love', so how to rise in love?

Sri Sri: Have you fallen in love? (Devotee - No) So if you have not fallen in love yet. You are safe, don't worry still there is time for you.

- ❖ Gurudev, I attended your birthday for the first time and it was amazing! Me and my family are totally involved in Seva, sadhana and Satsang, despite this if a problem comes, is it due to some past karma?

Sri Sri: Yes. Take rest. Even if some problems come, tell me aren't the problems take care off?
(Ans: Yes) Look even in problems you are smiling, is this possible without knowledge? All problems in life are like 'gabbar singh', (imaginary) there is no 'gabbar singh'.

- ❖ Jai Gurudev, when I don't get to meet you, I feel like crying and when you are in front of me, I can't speak. Something happens? Why does it happen?

Sri Sri: 'Kuch Kuch Hota Hai'! Something happens to everyone.

- ❖ Gurudev, Krishna said I will come in Kalyug riding a white horse, holding a sword to liberate everyone, but I see a lotus in your hands, where is the sword? How did you feel celebrating your birthday?

Sri Sri: When work gets done with a flower, why should I lift a sword? Did you enjoy my birthday? (Devotee: - I danced a lot). That is why I celebrated; my happiness is in your happiness.

- ❖ Should I consider you my Krishna and my Sai?

Sri Sri: Consider me anything you want. You are what I am. I am what you are.

- ❖ I have only seen you dance in videos, could you please dance with everyone here?

Sri Sri: I play the drums, those who wish to dance, dance!

- ❖ Gurudev, in Shiv Sutras we heard 'Shambhave Namah', for which one needs to have an inwards facing contemplative mind, could you please talk about getting this state of mind?

Sri Sri: Meditation.

- ❖ Guruji, if someone does something bad, can they lose your love? Do you stop loving them?

Sri Sri: If someone throws a stone at the Sun, will the Sun stop shining? Does it stop shining? No. So, you know when people throw stones at the mango tree will the mango tree stop giving mangoes? When the tree doesn't do that why would human being do it? And you know people only throw stones at the mango tree, they don't throw stone at thorny bush. Have you ever seen people throwing stone at thorny bush? (Never) Where do they throw stone? Mango tree, apple tree, right!

- ❖ If someone asks for your blessings and you know what they ask for is not good for them, will you still give your blessing?

Sri Sri: Blessing is always for the best, not for what you ask. You got it? See, you want one litre of milk but you come with a little cup which can hold only 50 milligrams, then how can you have one litre of milk in a 50 milligram cup? You have to bring bigger vessel. Expand yourself.

- ❖ We are so blessed to see you today. How fortunate are the people who are always around you, see you and talk to you every day, especially your driver.

Sri Sri: You all are not any less fortunate.

- ❖ I read 'Sundarkand' every Tuesday, in that it is written "Dhol, gawar, sudra, pashu, nari sakal tadan ke adhikari". This disturbs me a lot. Why has he spoken about women like that?

Sri Sri: No, drop this statement. Maybe Tulsidas ji did something and got hurt by a woman. Maybe he got his heart broken so he said this. It has nothing to do with us, leave this. There are many nice lines, take only them. I am completely against it. Woman is worth worshiping not beating.

- ❖ Guruji, is desire given by divine?

Sri Sri: Yes, even the desires are given by God that is why you have your desires. While praying to God pray that may we get this or better than this. We would like to have this, but if you wish to give us better than this then that is also welcomed.

49. Sri Sri Ravishankar in yesterday's Satsang from Bangalore

- ❖ Gurudev, how can I become a Swami?

Sri Sri: Shanti, having stability in the mind brings peace. Maintaining equilibrium in praise and insult. Having equanimity for all. In behaviour, it may not be possible at all times but it is possible in feelings. Be part of Satsang. This is enough. Dedication is more important. A thousand chances come to uproot Shraddha (faith). You have to cross all those. You must have heard stories of Jesus where it seems like God left his hand in the end. Similarly, like this many opportunities come to unbalance Shraddha. Read Gita. Be childlike. It is not about being a "Swami". It is about being in a state of nothingness. From, "I am something to I am nothing", is being a Swami or a Brahmachari. He doesn't ask for anything for himself, everything he asks is for others. He is ready to do everything for everybody.

- ❖ Gurudev, when and how can one's being experience it's soul? What can be done about it?

Sri Sri: Being cannot experience the soul. When life is over then soul is there. Day and night can never meet. When night comes the day goes and when day comes the night goes. It is like this.

- ❖ Gurudev, in tryambakam mantra, life is compared to a pumpkin what is the meaning of it?

Sri Sri: Don't try to interpret Vedmantras. One who finds pumpkin in Ved mantra is a fool. It has a lot of depth. Meanings will come up with research. To translate it literally is foolishness. Vibrations are more important than the meaning.

- ❖ Gurudev, it is written in the scriptures with justice one can attain God. Can lawyers also get enlightenment?

Sri Sri: Absolutely yes. Justice has a very deep meaning. Do you know the meaning of justice? First examining whether what you know is right or wrong. It is a marvelous scientific technique since centuries. To think about your own logic is something very deep. This Science of justice has been there since ancient times.

- ❖ Yesterday you were telling that mantras and Devtas are the same? Does the effect of mantra increases with Homa (Havan)?

Sri Sri: These are the rituals, but I feel when you have a path, when you are walking on the path of knowledge, there is no need to do all these things on your own, sometimes if you don't have the facilities to perform homas, it's okay That is why there are Ashrams, where these traditions are followed, where everything happens and it happens for everyone. Participate wherever it is happening.

- ❖ Gurudev, yesterday you talked about dictionary. Can you tell us what is not there in the dictionary?

Sri Sri: You see what you want to know. It is not important what's there in the dictionary. What do you want to know? What knowledge do you want to gain? That is important. Knowledge is infinite.

- ❖ Guruji I know what is right and I do it and even after doing it I feel I did nothing. How can I get over this?

Sri Sri: It's okay to feel that way.

- ❖ Guruji, if Shiva is so pure then why do we perform Shiva Abhishekam?

Sri Sri: The Abhishekam is a process to get into meditation, the way the water flows, similarly, knowledge flows into the mind. This is not done for Shiva; this is done for ourselves; to meditate. When we do Rudra Abhishekam everybody gets a good meditative experience, how many of you like it? We do it only for meditation. Shiva exists in the five elements, would he get happy when you pour water, no! But when we do it with reverence and feeling, an environment is created and when we chant, its vibration gets absorbed into the water. It is scientifically proven that chanting this Mantra restructures and improves the crystalline sequence of water.

When Om Namah Shivaya is chanted it changes the structural nature of the water crystals, manifesting an incredibly beautiful sequence. When we use bad language, the structure gets distorted. You should check out the website, "Secrets of water", it shows how water absorbs our feelings. Doing Abhishekam is like a tradition the chants are so beautiful; we pray that our bodies be strengthened, our minds be strong; there should be mellowness in the environment, water, ocean, thoughts, villages and everywhere.

We should sit for Abhishekam with this desire and thought. It is not even important to do all this, just sitting and listening to the mantra is enough. The point is turning inwards, listening to the Japas and mantras and meditating is a lot more important than doing the Abhishekam. Doing is not important but going within us is. Doing the Abhishekam creates an environment; like on Diwali you feel different, how many people feel that way? Because we light lamps, clean the house, an environment is created. So this is similar to how we celebrate festivals a few times a year.

Don't waste food after offering it to God; don't let it go down the drain. Milk, honey, curd, grains can be collected separately and used. It's not okay if you waste food when it can feed people.

- ❖ Gurudev, yesterday you spoke about Kamalnayanam. The mind gets caught in what it sees, how to change its nature?

Sri Sri: You don't need to change its nature, let it be. With time you grow out of it and chill. When you set a higher goal, small things wither away.

- ❖ Gurudev how can we separate essence from the superstition in our tradition?

Sri Sri: By wisdom, by knowledge. We are already doing that.

- ❖ I have heard that karma gets shared by sharing the food in a plate or by eating someone else food, is that true? Is that how sensitive our karma is that it gets shared like that?

Sri Sri: See you ask the scientist how DNA gets transferred by saliva, by eating. This is exactly what it is. You should understand how your vibrations affect others. Our ancient people knew this that is why they eat each other's food. It is scientific, hygiene gets compromised.

- ❖ News and Views online portal was launched by Gurudev Sri Sri.

Sri Sri: Media has two responsibilities, to present facts honestly without bias, with a clean

heart and second is to inspire people to do something good in life. I'm sure more and more people are taking part in social media with right intentions and right mindset. I congratulate the team for the effort and this launch.

❖ How to attain Samadhi through Satsang?

Sri Sri: All chakras in the body have correlation with 5 tatva and relates with rhythms of thoughts in the mind. Also different Gods have seat in different parts of the body and if one is singing bhajans one should be aware of raag, taal, bhaav and laya and in perfect balance to reach blissful state. So, when we sing bhajans of Lord Ganesha (Earth element) keep your focus on mooladhar chakra,

- for bhajans of Devi attention on Swadishtan chakra (water element),
- for bhajans of Lord Rama/Kartikeya keep attention on manipur chakra (fire element)
- for Lord Shiva bhajans attention on anahata chakra (air element),
- for Lord Krishna bhajans attention on Vishudhi chakra (sky element),
- for Guru bhajans keep attention on agya chakra and on Sahasrar chakra.

Where total joy can be found when you are centered. All bhajans have different ragas relevant to different rhythms in the different body parts. Hence, one cannot sing Shiv bhajans in raga related Krishna bhajans and vice versa.

Therefore, next time you attend Satsang please keep in mind above which will help you in attaining Samadhi by shifting focus to different parts of body when singing bhajans of different Gods.

❖ What is the relevance of eating Satvic and Ayurvedic food? Usually I like Rajasic food more than Satvic food.

Sri Sri: With Rajasic food, you will have a similar Rajasic mind-set as well. Do you know what a Rajasic mind-set is? It is like a yo-yo. You jump up or you go down. Either you are too happy or you are too down, this is the impact of Rajasic food. You can have it sometimes, no problem.

If everybody is so flat and equanimous all the time, then there is no charm, nothing happens. You need a little bit of rajas here and there. That makes life more colorful, but when you find that it's too much to handle, and then come to Satvic food.

You know, I recently read that in California, they did some experiments in a prison. They gave the prisoners only vegan food for two months (Vegan food means: no dairy or meat products). Vegan means vegetarian without milk or yoghurt. So total Vegan food was given to the prisoners for a little longer than two month. They found that the crime that the prisoners used to do repeatedly commit come down by 97% percent. A lot came out of the crime mind-set. It's very interesting.

See, India with such a huge population, almost three times or four times the population of US and one third of the land-mass. If India did not have this Satvic mind-set, India would've become a place with the highest amount of crime. Thanks to the ancient culture, it has kept people in a very solid state of mind.

There is an ancient proverb, 'Jaisa Ann Vaisa Mann', which means, as the food you eat so is your mind. That's why I encourage Satvic food.

This knowledge is there somewhere from ancient times, though it is fading away. Crime is increasing in India like never before. Still, there's something which is keeping the harmony in this country, in this society. It can only be attributed to this lifestyle.

50. Sri Sri Ravishankar in yesterday's Satsang on 23-Mar-2016 from Bangalore

Life is colorful. In India this is the last full moon, and then New Year begins in the next new moon, 15 days after this, is the New Year. So before that last full moon they just take all the old stuff and put it in the fire and then play Holi with colors. There are many stories, it's a beautiful moon, spring is coming, story of Krishna dancing with all the gopis on the full moon night, but it is like a festival, break all the barriers and feel that we all belong to each other and are all one. This is the message of Holi. Put colors on each other and say let your life be colorful. Holika burning it has an effect on coming monsoon.

There is story of Prahalad. Prahalad was a boy and was so dedicated to God but his father was nor his father was very egoistic, cruel king. So he wanted to teach his son a lesson. He was so blinded by his ego, so hurt because the boy was preaching the name of God and he (the king) was an atheist. He tried all his ways to change him.

When he couldn't change him he wanted to kill him. So he told one of his sisters, she had this boon, whenever she would take anyone on her lap, she would do something, and the person will get burnt. Her name was Holika. She took Prahalad on her lap, young boy, wanted to destroy him, burn him, but instead she got burnt and Prahalad came out safe. This is the story because he was chanting 'Hari Om', was devoted to God and then 'Hari Om' protected him from fire. Some places people do fire walking, nothing happens to them, in villages they light a fire and people walk over it and nothings happens to them, not a blister on their feet!

Faith has a great power, it contributes to life.

"Holi was when there was spring here but now it's becoming summer! In 5000 years everything has changed. All romantic stories happened around Holi and Yamuna River where we had WCF.

Lot of stories, full moon and Yamuna River and people are dancing. Literatures are full of those romantic stories. We too had our big romantic program, challenging program also! We also got wet with the Holi, little bit rain coming on.

Even today, I was talking to some people, people are all saying, nothing like this has ever happened in the past anywhere in the world! It will be telecast in Doordarshan tomorrow, day after and the next day 5 'o' clock".

Now we will take Question and Answer

- ❖ Yesterday while answering one of the questions you said that I have not changed nor I am going to change but we see a lot of changes. Initially you were very good then you became better and then you became the best and after WCF you are better than the best!

Sri Sri: Its only perception!

- ❖ WCF that we had this year, you also got invite from other countries dong it next year, so are you planning to have it?

Sri Sri: Next year? Let's give it a little break, we all had celebration, now more time to go within and do more meditation. That is what my mind is now, we will do longer meditation programs, at least for two years, and then we will think about it. We are not averse to celebration at all, we are all for it.

- ❖ I feel like I am close to finding Who I Am. As I go close to the near I feel fear. Please advise me.

Sri Sri: When you think that you are walking alone on the path, fear will definitely be there. That's how fear comes. When you know you have a guide, someone to be with, someone who is taking you along the unknown, how can there be any fear? That is the reason why you need a guide, a Guru, a spiritual guide, because walking in the unknown is always tough and if you think you are walking alone then that is even tougher. That is why there are all these traditions from thousands of years.

- ❖ Could you please talk about the Shakti path? How does the energy of the Guru transfer to the disciple?

Sri Sri: See, it is a natural thing. Shakti path is where transfer of energy happens. Otherwise nothing happens! If there is no transfer of energy, no experience can take place. Your mind cannot calm down. Some do it in a very dramatic manner and I feel that, that is no good, not safe. It has to be very natural. That's why in Art of Living, you do it in a very natural manner. You don't even realize when it happens. In Sudarshan kriya that is what happens. Stay away from those people who say I am going to give you Shakti path and raise your Kundalini. Tell them bye, Namaste from a distance!

- ❖ Today the Naadi leaf doctor is here. I am fascinated how someone so long ago, can know of my existence.

Sri Sri: Consciousness is more ancient than the stones and it has all the impressions, Akashic records are there. In ancient days, teachers used to tell them students, in 2015 someone is going to be born at this time, at this place, you write about it. So they will sit and focus, their mind will travel in time and see what's going to happen, what is the name of a person and that's how these Naadis are written by the disciple of Rishis. They used to have their ashrams; they are called Gothras, different Rishis in different groups.

People would meditate and travel in time and pick up and write. Those days there was no ambition, there was no craving, they got their food, and they got everything. Life was serene, they could meditate long hours and the sharp mind could travel in time and write. It is mostly, 90% is right, but there is also some probability; there is some free will also. This can happen, that's what they would say, because it is all done by students of the Rishis. It's fascinating! It tells you that the spiritual realm is much wider than the physical realm. If you are stuck in the physical realm, it is a very good idea to seek out; these things are written thousands of years ago, ten thousand years ago.

51. Sri Sri Ravishankar in yesterday's Satsang

- ❖ If finally all Universe will perish then what's the point of our existence here?

Sri Sri: It's like the wave asking the ocean, if I have to go back to the ocean, what the purpose of me being here is. You should know that you will never perish. There is something in you that stay. The water in the ocean is always there and the patterns of waves that rise and fall, that is always there. Similarly, our body is like the pattern of waves but the spirit is like the water of the ocean, it always stays.

You know, if philosophy doesn't appeal to you, read physics, because our intellect says, physics means it is true. I tell you, physics today, fortunately, says the same thing as

philosophy or philosophy says what is there in physics.

- ❖ How long does it take for a soul to reincarnate?

Sri Sri: There is no definite time. It's like asking how long will it take for my hair to fall! It can fall any time.

- ❖ How to be right and kind at the same time?

Sri Sri: Being right does not mean being harsh and being kind doesn't mean just letting anything happening. Kindness is not complacency and righteousness is not just aggression. Unfortunately today when we are right we get aggressive. It need not be, it should not be, in fact. Aggression only shows one's weakness. One's lack in faith in one's power. Isn't this strange? You think that the powerful will be aggressive. No! One who feels there is no power, or has lost power, and then they become aggressive. Just look a little deep into it. When do you get aggressive? When you can't do things easily. When things can happen like this (snaps fingers), will you get aggressive? So when you don't have confidence in your power, or the power of your being, I know it is difficult to get that!

When all these things were happening in Delhi, even now when I was coming, I was asked, 'Why were you so cool, Guruji, the whole time? We were all tensed!' So many people telling me, how are you so cool, I know the things will happen! I know everything will happen very well and you will be astonished, when you know then what is the point of becoming aggressive or upset or sad or unhappy. These things don't happen.

When you know the power within you, you don't get aggressive. The powerful don't get aggressive. Who gets aggressive? When you feel that the situation, person, people are beyond your control, or you feel that it is not possible. Or when you feel that you are smaller than the situation. Then you become aggressive. I think you should ponder on this. Often you see a person with aggression; you feel that he is powerful. He is really not!

- ❖ Are you happy with WCF?

Sri Sri: Yes. See I am happy. Nothing needs to make me happy. I don't have to derive happiness for any event to happen. I am happy and the event happened very well! And it has become the talk of the town, talk of the world, in fact! Everywhere people are talking about it and I knew that, the way it should happen it has happened. The little shower on the first day, the wind on the second day and the heat on the third, all the elements played their places! There was a hailstorm! So we saw all the seasons in the three days! Nature also wanted to open its feathers and show 'how vast my area is'.

First day a little rain and the next wind, terrible wind right? And third day warmth. It was good, it was fantastic. I think we expected some 3.5 million; it went up to 3.75 million people and it was watched around the world from 700,000 odd locations, 188 countries. I don't think any country is left on the world right now that has not watched it! Just on the first day, one particular television station had 1.9 million viewers.

Many channels were there, we got report from only one of them and it will be watched, those who did not watch, they will keep watching. We have done what we needed to do, and we will keep doing. Now what we will do is go into knowledge more. All this activity is done, now we need to go more into knowledge. I want to take you more knowledge trips and meditations. This morning meditation was good? (Yes!) This morning was very good meditation, so will do more deeper meditations. This is the real stuff! Meditation. That's when we are all happiest.

- ❖ The way you say 'smile', it's not working with us. How can you help us?

Sri Sri: Don't say 'us', it's not working with 'me'. You know what obscures your smile? It is your desire. You are clocked into something, logged into something. You want something, holding on to something, 'I want this, I want this, I want this' and that is what is making you miserable. Just wake up and say, 'I don't care!' for a minute. 'I don't want this'. Next second, not even a minute, next second something comes up in you and that is Smile. You have to say 'I don't care, I don't want this, and I'll get whatever I need.

Even if I want to meet Guruji, I don't care; I don't want to meet him!' If that is bothering you, kick that desire too! Then you will see that you are totally at home, relaxed, total peace. As I said, three things obscure our being, that is, 'I, I, I,' that ego, and then desire and then understanding, intellect. So freeze these things for a little while and then see how meditation happens. Even just this intention, I want to freeze these three things, immediately there is a space that clears.

- ❖ I felt bio-magnetic field around me during meditation, what happens when my bio-magnetic field meets yours?

Sri Sri: It says it is not two. It's like saying my air and your air.

- ❖ Can I not be part of any particular religious confession, but instead make fun taking a bit from everywhere?

Sri Sri: You may have fun, don't make fun of any religion, ok? You will be in trouble I tell you! You will get warrants. We don't need to do that, having fun is a different thing. Take good things from wherever it comes and be spiritual, that's Art of Living. In Art of Living all these

techniques that you learn are immensely, immensely beneficial.

Even the Rudra Abhishekam chanting this morning, even this chanting's having got some impact on the system. Those who are interested in scientific analysis of the chanting, you can contact our research department and Vedamurtacharya. With the titanium radar, they had measured when the Pooja were happening, what is the entropy level and what is the vibration with which mantra, what is happening; it is mind boggling how the vibration changes with the mantra. So there is a scientific study you look into, even this Om Namah Shivaya chanting, the impact of Om Namah Shivaya chanting on the water is also very startling, you know how it forms a perfect crystal when chanting it. So it's a whole science about the sound that we will take up at some other time.

- ❖ As a Sadhak I love to be in your presence in Sadhna in Satsang but it feels waste of my time when I am in office.

Sri Sri: No you do that and you do this. I also have to attend to my office; rather I take my office with me. I don't have a physical office wherever I go, I take it.

- ❖ You mentioned that three things stop us, desire, intellect and ego, does this mean we die every moment?

Sri Sri: No, no, these three things obscure the space that you are. You are the vast space, you are the powerhouse, you are the energy embodiment, but that gets obscured with these three things. You don't get the glimpse. This is one of the techniques for meditation, when these three things freeze for a while then meditation happens. They cannot be frozen forever.

- ❖ In the Gita it is said that worshipping the unmanifest brings misery, can you speak about that?

Sri Sri: I think I have already spoke about this one, no it's not that it brings misery, it is said people who worship the unmanifest, the one that is not seen, have lot of difficulty in their life. They have to face a lot of tough situations and this you see; in the life of Moses this is so true. Then you come to the life of Jesus it is true, then you think about Prophet Mohammad, my goodness, how much tough time and how many difficulties he had, isn't it? And then Sikhs, the Sikh religion, see how many Sikhs Gurus have had to scarifice their lives?

'Kleso dhikataras tesam', a lot of miseries are there in the path for those who adore the unmanifest. 'Kleso dhikataras tesam avyaktasakta-chetasam. Avyakta hi gattir duhkham dehavadbhir avapyate', for one who is body conscious, for them this, the path of adoring the

un-manifest, has got a lot of misery. He didn't say this is a bad path, he said the path is very tough, it's not a path of joy, music, prosperity, dance, but it is a path of struggle and that looks very true when you look back.

52. Sri Sri Ravishankar in yesterday's Satsang on 20-Mar-2016

"Today Iranians are celebrating New Year! It's New Year in Iran, Afghanistan, Kurdistan and what they have kept here is very interesting. It is the same tradition that is followed in Kerala since centuries.

On a New Year day you keep a mirror and some sweets and fruits and light and time, there is a clock and a book, grains, sweets, honey, nuts. So you can choose to be any one of that! So New Year begins with seeing all those auspicious things in Persia also. They say you see seven auspicious things. I think it is Quran, Hafez and Quran and see (in the mirror) how young you are looking!

One year has gone and are you smiling, are you happy? Showing a mirror to yourself is a very old tradition, in Karnataka also. Here, behind a kalash (pot), a kalash indicates fullness, and behind it there is a mirror and that is how you are welcomed into homes. In weddings and everything, first one lady carries this pot of nectar and a mirror, symbolizing, when you reflect on your Self, there is nectar in that. You are filled with nectar, you are a pot of nectar, and you only have to look at your own face, look at yourself. See how beautiful it is! Small little rituals convey deep philosophy.

Now we are hearing of such rituals but at some point in time, people must have practiced all these all over the world! Anyway, we are already doing that, reflecting on our Self and feeling the richness, abundance. As you sow, so shall you reap? If you say, 'Oh I lack this, I lack this', that is what grows. If you think, 'Nobody loves me, nobody loves me', then nobody loves you! But if you put the positive affirmations, that doesn't mean every day you have to go on putting positive affirmations, no. It's a very delicate balance between having an affirmation once and keeps on repeating it all the time. Creating awareness is different from repeated affirmations".

Now we will take Question and Answer

❖ Why do people do what they do?

Sri Sri: Why anyone does what they do! Because they can, they do. If you are happy you want to spread happiness, if you are agitated you want to be violent, if you are angry then you want to express that, if you are jealous you want to express that, and if you are happy if you are in love you want to spread.

- ❖ Recently we have seen the turbulence in youth, can't we setup cells that address this misconception about Hinduism etc?

Sri Sri: Yes, you know some people have made up their mind to fight with everybody, they can make demon out of an angel and you would wonder why they would say things that don't make any sense, because they are not in sense themselves. So much stress and tension, they just want to fight that's all they have no particular purpose; our youths are active, lots of youth. That worries many people, people they want to hold on to their forts, the communist and then all these people atheists group, they all want to hold on to their groups. They are finding they are all moving away because Art of Living is very charming for people, so they all want to see what they can do to stop them, they are confused.

- ❖ My daughter is 9 years old and in our country vegetarian children are very rare. How to bring them up with a sense of belongingness?

Sri Sri: You have to quickly teach more and more people, when it becomes a fashion then it is easy, ya. See all good habits, either it is a tradition or it is a fashion. If you take it as tradition it is already there and nurture the tradition, when that's not available in places then you can make it a fashion. When you make it a fashion it gains its respectability and more and more people will take it. So that's a challenge you have. In India it is a tradition its easy, Nepal, Sri Lanka, Bhutan all these eastern countries it's a tradition. Japan, China it becomes a tradition, but in the west you have to make it a fashion. (How)? That you think about it.

- ❖ I have been seeing on the internet, in last few days especially, people from many countries are very inspired by what happened in the World Cultural Festival and want to move that spirit forward in their own country, in their own communities. What can we do to not just make it one time event, but really move it forward, all around the world?

Sri Sri: Yes, first of all create a buzz; tell everybody what it was, how it was and how it is possible. The very concept of so many people of differences, of diversities, to come on one stage, that itself is a great thing and having so many people and not having one incident, smooth flow of event is another miracle, so you can talk about it.

Dashrat has written an article about baffling, how everything was so baffling, we will post that, everything was baffling the stage was baffling. How the dance, 30 dance forms were combined into one cosmic dance, without any practice. You talk to any big artist they think it is an impossible task and it was all done virtually, just one day practice. Putting all the rhythms of different type of dances and then you have these people, from all time zone of the world and how they practiced and that perfection itself is a miracle and the Indian classical traditional dancer getting in that rhythm, in the perfection, is again another miracle. There are many such things.

People can be astonished by this, every astonishment leads to yoga, it leads you one step further. "Vismayoga yog bhumika" you are astonished and then Yoga begins. There is not one method, one way, you can all think about many ways of creating such a buzz, write articles put it in mails and pictures and all that, right. One place people forgot a political identity.

We have democrats and republicans, labor party and conservative party come on one stage, BJP and AAP coming on one stage, but communist didn't turned up, but we had communist from Russia, the original communist. Communist where there, capitalists where there. Here in India they just want to create noise not been part of it, that's also fun. Those who did not come many of them are regretting now. People had no idea; we have a habit of taking people by surprise, isn't it?!

- ❖ Children play too many video games. What can we do? Thank you for introducing a spiritual video game!

Sri Sri: Substitute a nice game for a violent game, and slowly you have to take that also away. The very purpose of creating our own game is to make it inspiring and not violent ones, where they are shooting people down. It is the same thing with knowledge.

- ❖ How can we recognize our mission in life?

Sri Sri: Do you feel comfortable? Yes? Then that means you are in the right place. First thing is to get rid of your laziness. Unless you are out of laziness, this wanting to find your mission in life, simply hovering thoughts that comes to you once in a blue moon or once in a year, maybe Christmas! When laziness disappears and you hold on to your commitment, then you will see that what you are doing is what you have come here for and it will definitely happen. As long as you are thinking, 'What about my comfort, my need, my need', then my goal is like my need. Instead you will have a sense of, what is needed to be done, is being done. I am an instrument for that which has to happen.

- ❖ Gurudev, do you remember me? Irina?

Sri Sri: Yes, I remember you, Irina. You were my driver! How many years back? 8 years ago! See I still remember you. (I am very worried for my country (Russia), when will it stop)? It will get better. It is already better right? You know Russia pulled out its Army from Syria, just a day after our World Culture Festival! One day after WCF, Russian army was no longer in Syria, and the grand Mufti of Syria was on stage, asking for a prayer! So prayer has a big strength, that too when done in a group or in mass, it has an impact.

We do want to see a peaceful world, for that we all need to work. Keep working; keep

putting good intention, having lots of meditation, that's why I called all the politicians! They should learn something about a One World Family, because when politicians are so rigid and stressed they only create war and they are compelled to create because the collective consciousness has that negativity. So through all this we create positive, it will get better. Sattva increases Sattva.

- ❖ What is the difference between Mantra, Bhajans and Prayer?

Sri Sri: They are all good. Bhajan is singing, Mantra is chanting and prayer is part of it!

53. Sri Sri Ravishankar in yesterday's Satsang

- ❖ I'm attending the Advanced Meditation Program for the 14th time yet I don't feel sensation in chakras. Am I totally closed?

Sri Sri: You don't feel sensations? Did you do Shakti Kriya? It just shakes up all our chakras. You know because we use our senses too much. We deprive of our body the rest it needs. All this affects, but don't look for an experience. You just relax. That's all you need, a very peaceful, serene state of mind. Sometime you will start feeling it. It's not necessary that everyone has to feel that same experience. You feel the source of energy like shocks; some people feel it like that. Some feel some tingling. Some don't feel any of this but feel a very blissful feeling inside. All that is ok.

- ❖ Please tell us the exact places of the chakras. In meditation when we have to focus on them, I don't know where they are exactly.

Sri Sri: Just keep an idea there, a feeling; don't try to pinpoint it, because that takes effort. Like the Solar Plexus is just above the navel, that region and then heart is somewhere here (pointing to the chest region), and then the throat. Most pointed is the base of the spine, the beginning of the anus, where the anal contraction happens, that is it and then in-between the eyebrow, the pineal and pituitary gland and then the top of the head, the hypothalamus. So a gentle attention, that's all we need to do. So there are methods that can give like a shock, very contrasting experience.

I would warn you, you should not go for that type of forcefully awakening the Kundalini, because it involves a lot of risk and sometimes people go crazy. In Art of Living we go with the most safe way and best method! This is safest and best method. Sometimes you may not feel that dramatic feeling that Kundalini experiences give to people, but we are not bothered about just an experience of that sort, because that can cause imbalance in the system. Forceful awakening of the Kundalini, I would not recommend, because I have seen many, many cases where people cannot live a normal life! We have to live a normal life, right?

(Yes!) You all need to live a normal life and have a spiritual experience. For this, I tell you, this is the, the, THE BEST! It gives the result which is desired without any doubt; at the same time, gently it integrates with our day to day lives. Many of you may have experienced, after a while, you feel happy all the time and nothing matters and whatever you desire, it happens. You think, you intend, it happens.

How many of you feel that? (Many raise their hands) These are all effect of Kundalini, what else? Awakening. Come what may nothing can take your happiness away that feeling itself shows the channels are clear, your mind is blossoming. So do not be tempted by people saying, 'Oh, I will give you this power, that power, Kundalini will awaken you!' You should say from a distance, 'Namaste, thank you, I don't need it'. Physiologically, mentally, emotionally, from every angle, this is the best way to go. I'm emphasizing it again and again, because some things may appear to be very charming, someone is jumping from the ground and having all the shocks, moving all over the body and very dramatic, rolling on floor. You don't need those things at all.

- ❖ Have you see another person getting enlightenment while you are in Art of Living, if so did you help or see it coming?

Sri Sri: Listen, I have already said, there are many, many who have this. If they think something, it starts happening. Many have this ability to love everyone, be nobody, it's dawning. You don't have to label yourself, 'I am enlightened, and I am enlightened'. Not at all.

Think of big things and see how it starts happening, doesn't it? And totally detached from the world. If you want enlightenment first thing you need to remember is total detachment from all that you see, good or bad? Want it? No. Are you ready for it? Total detachment! Your desire is the only thing that blocks you from your enlightenment.

The moment you drop all that and say 'I want nothing, I am nothing', you are there. The moment you know that all the forms and names are nothing, it's all like waves in the ocean, the wave is nothing but ocean, this conviction that is enlightenment. The tree is there, the Sun is there, like that I am here and that's it. Going beyond time is enlightenment. Not being restricted, constrained by space is enlightenment. Realizing you are love and everything else is love is enlightenment and there is no other, being so natural, at home with yourself is enlightenment, there is no other and there is no desire that is enlightenment.

The first disciple of Lord Buddha said, 'I will wait till the last person gets enlightened, so I don't want to have it now', because you know you can have it any time. It's his compassion for everyone he said 'ok I will wait, I will see everyone through, then I will have it'. Have you heard about that? That's what Bodhisattva said, 'I am here to help everybody. I want to see everyone out of misery'. That one desire, I want to help everybody that was stopping him from being enlightened. So it's said Buddha is ok but Bodhisattva is even more, is one step

higher because he has compassion to take everyone along and as teachers this is what you should do, all the teachers.

Don't go on looking whether I get enlightened or not. At least bring happiness in so many people's lives, and you feel that you have it anyway! And you can't do anything; say I don't know anything, now I am there. When all that you see, this world, all that we see here, does not interest you, does not provoke you, does not disturb you, another dimension opens to you, another world opens, totally different world opens to us and do not get stuck there also, the subtle world also. Then we move ahead.

Angels, Gods, Goddesses, all the subtle spirits and that entire world, that also should not charm. This universe has many layers, one inside the other, inside the other, multiple layers in this universe, but our brain, our mind is stuck, that's why today I said, say suppose your mind is looking backward, did you get some sense of it, how many of you got some sense of it? How many of you could not get it? How many of you got it? Some of you are not raising hands for both (Laugh!) now I am confused, did you do the exercise?

The old timers here, the people who have been in Art of Living many years ago, they may be remembering, I said that some point of time you know you put your hands on someone and you wish, you bless them and it start working.

The Blessing program, remember that? Isn't it happening, how many of you are blessers here already? Is your blessing working? How many of you say its working? (Many raise their hands) It's the ability of the consciousness which is inherent in it and you are using it. It's not that only Guruji can do, you can also bless, of course when you feel that we are not all different we are all one, connected.

- ❖ How to keep trust in people after many frustrations in life?

Sri Sri: Don't keep trust in people, you keep trust in the one Divinity, one soul and know that only the best will happen to you. You trust yourself that I can handle.

- ❖ Since so much negative is evident in the world, shouldn't there also be Messiah here keeping the balance, is there one here now or more?

Sri Sri: Well, why do you want to look for one? There is messiah hiding in every one of you and is sleeping, wake them up and you don't wish to be a Messiah, that's a very dangerous thing! 'I want to be a Messiah' that is inviting trouble. Tomorrow don't go around saying, 'I am a messiah sent by God'. For your sake, God's sake, world's sake, let's not get into this exercise. Let's just be simple, natural, and honest.

54. Sri Sri Ravishankar in yesterday's Satsang on 4-Mar-2016

- ❖ A butcher who slaughters animals, a hangman who hangs person who kill for anger, revenge or religion. They are all acts of sin are they not?

Sri Sri: I wonder why you are focusing on all these things! When you ask a question, behind that there is something happening. It's not like a primary school question, how much is 2+2, 4. No an intelligent person, a man or woman with awareness, will always see behind the question, what is happening in the mind. Sometimes something is happening in the mind and we ask something else and we when we hear the answer we apply the answer to suit our convenience. So our mind is the trickiest thing, it is most amazing, I tell you! So, when you are asking this question, what are you pointing to? What do you want? Are you talking about committing sin? This world is full of phenomenon and when the mind locks onto something and starts chewing on it (any phenomenon), then that phenomenon makes an impression on the mind and when these impressions are not congenial to one's evolution or growth, and then they are called sins.

Sin is that which brings your prana low, that doesn't make you feel comfortable inside. That which keeps pricking you from deep inside, that is sin and why do you want to avoid it? Because it is the greatest obstacle for you to be happy. If you think you have committed a sin, forget about it, you can never smile. You can never be happy. You can never relate normally with people around you. So the normal tendency is to get rid of sin. In the ancient traditions, they said, "It is simple. Past is past. Drop it. Revive your prana. Review your mind".

There are things: Revive the prana: when your prana goes down that's when you feel this way, so revive the prana. Review the mind: This is called Pratikramaniyam. In Jainism, they say every day you sit and go backward, and remember all the things you did and clean the slate of mind. Mind is like a slate, so clean all the impressions. Erase all the impressions. This is called Pratikramaniyam. Now, sitting and saying, "What did I do at 6 'o' clock? What did I do at 5 'o' clock? What did I do at 4 'o' clock?" Taking your mind backward, reliving those moments, completes those things, releases those impressions. This is one way.

In the Christian tradition, you have confession. Confession is very similar. You go and confess to somebody all that you have done and they say, "You do this rosary or you do this good act and forget about it. Your sins are taken away. It's all gone. It's done with". We need to believe the innocence of the present moment. However the past has happened, whatever the past has been, coming to the present moment and seeing this present moment as fresh and new, we have released all the past impressions.

In Buddhism, in Hinduism, also in Islam, all religions have spoken about it somewhere. It must be there. I am not a scholar of all the religions, but I am sure there is something to this effect. The Hindu tradition, in Vedic tradition, you just chant Om Namah Shivaya few times and all the past is gone; sin is gone. Take a dip in Ganges. Sometimes they give instructions,

go and take a shower or chant some mantras. Why? The mantras raise the prana. When the prana is up, it has washed out all your past impressions in the mind.

- ❖ How to overcome lack of self-confidence?

Sri Sri: Who said you lack it? You have all confidence. Come on. Wake up!

- ❖ Islam is a religion of peace and love. How as a proud Muslim I can stand up and defend all the misrepresentations of Islam by different groups in the world, not only ISIS?

Sri Sri: It is a good thought. Sow this thought in other Muslims fellow. Let a large number of Muslim youths stand up for peace and love and say, 'We will not tread this path of violence. We do not approve this. We will live with everyone. We will not be a puritan. 'Only I am pure and you are impure. This type of mindset separating oneself from others can cause a lot of damage and as youth, you can raise your voice. There are millions of good Muslims on this planet, but their voices are not heard as loud as those who sow the seeds of hatred. This is what we need to do today. Raise the voice.

It is spirituality that unites people. From the religious angle, there will be someone who would oppose anything you do, but if you walk the path of spirituality and unite everybody, there is no opposition. There are no hurdles there. It is a little touchy. You should keep the religion at a little distance and emphasis on spirituality, meditation, and health benefits. That seems to work well. What do you say, isn't it?

- ❖ Please tell us about the Saptarishis who are supposed to be the source of knowledge. Are there seven types of knowledge in the Universe?

Sri Sri: See there are so many types. As many types of people, that many types of knowledge! Saptarishis are the seven important Rishis, seers, who have contributed immensely for the human race.

- ❖ We learnt about the concept of Gotras. Can you speak more about it? Am I connected to your Gotra?

Sri Sri: Yes, yes. 'Go' means knowledge. 'Atra' means now. The present knowledge. Those people who are carrying the wisdom, the knowledge, are part of the gotra. All of you carry this beautiful knowledge with you; you are part of the gotra, because when knowledge is not just intellectual, it becomes wisdom in you, when knowledge gets well lodged in our life, it becomes wisdom. It becomes part and parcel of your life; it gets into your DNA. Gotra, you can say, is sort of a DNA. Knowledge has gone into your DNA. Then you can say that is my

gotra. That is something which nobody can take it away from you. The wisdom that has become so ingrained in our life that it cannot be taken away.

- ❖ Could you speak about the difference about Vedanta and Tantra? Are they opposite or can we do both? I really like some of the tantric teachings, but I am a devotee of Guruji!

Sri Sri: In Tantra, there are many types: the white, the black, and others. I don't know all about the tantras. It is sort of a double-edged sword. In Tantra if you succeed, you succeed otherwise you get into trouble. It is not a safe path. Vedanta is a royal road and the purpose of Tantra is also coming to the royal street, royal road, royal path. So, when we are in the royal path, big highway, why do you worry about some tracks here and there, where you have a chance of getting lost also? The ultimate is Vedanta.

Tantra is sometimes used as a therapy for definite conditions. Tantras are also the techniques by which the yagnas are performed and then, there are some techniques, yoga, pranayama, meditation can also be part of tantra. Usually, when you say tantra you attribute to the sex tantras and Kama Sutra. You know that is prescribed only for those who are obsessed with it and it is done with proper guidance. There is a possibility of people slipping into more inertia rather than more consciousness. That is the issue.

- ❖ This is the first time I am here for Shivaratri. Please tell me as a Sadhak, how can I get the best out of this time?

Sri Sri: No. Don't go in the craze that, "I want to get the best". Just relax. Whatever is due to you will fall on your lap. You should have that confidence: - I will get what I deserve, what I need. In fact, I will get more than what I deserve, this can make you happy. What? I will get more than what I deserve, because the Universe loves me, the Divinity loves me, and I am so lovable.

There are three things: the Universe loves me, the Divinity loves me, and I am so lovable. So, naturally I will get what I need and more than what I need. With this confidence you can put at rest that racing mind of yours, which says, "I want to get more. I want to get more. I want to grab more".

First the mind runs on the material lines. I want more of this. I want more of this. I want more of this and when you come to spirituality, it is no different. I want to get more. I want to get the best. I will jump over everybody and sit in the front. Maybe I will get more vibes than other people. My Goodness! How this mind functions! It is the greatest entertainment on the planet, I tell you! There is no better entertaining thing than your own mind. So, you don't have to go on the rush. Let's take it easy. Let's relax. Let us repose in ourself.

In Shivaratri, there will be ancient chanting happening. Very ancient chanting, we don't even

know, they are as old as the Creation. There is no time for it. These chanting are done thanks to the people who have preserved it so intact all these years. When the chanting is going on, all that you need to do is just bathing in the sound. Let your spirit bathe and energize in the sound. Sit and meditate. That's it and then they bring the Aarti.

Aarti means the light. We just put our hands (around the light) and then put it on our face. It means the light we receive, the vibrations we receive. This is done. Sometimes we do it from a distance, but people are not satisfied; people want to put their hand on the flame. So we send the plates also to everybody and usually to exchange the energy, you take a little bit and you give something. Some exchange has to happen, so we put a coin or some money. This is the tradition from long time. You give and take and that is it.

Shivaratri is a special night for people who are meditators from centuries, from millenniums. On the day of Shivaratri if you meditate, people say it is equal to 100000 days of meditation. There are many counts. These are ways to motivate people. I don't know how far it is true. There are a number of stories, a number of small incidences where people have lost all their sins and they become very pure.

On Shivaratri, one day people meditated and their desires got fulfilled. So there are a flood of stories about Shivaratri, about festivals. May be some people have made these stories in the past to inspire people to meditate. That could be one (reason). There could be many incidents that have occurred on this planet at various places and they collected all those miracles and put it as stories. Anyway, we meditate every day, but for those who do not meditate, they say, "At least come and sit on this one day and do some meditation so that you can get rid of all the negative impressions from your mind. That is the story.

In the Vedic tradition, they also connected the whole cosmos. There is always the connection between the macrocosm and microcosm. So when the planets, Moon, and stars are in a certain position that time is more congenial more meditation than other times. Like this there are many theories, but I would say for those who want meditate, any time is good because we go beyond the time. Some people wait for Christmas to give and receive gifts, but we give gifts every day and we receive every day. So, every day is a celebration. Every day is like Christmas. This is a very different way to look at things.

55. Sri Sri Ravishankar in yesterday's Satsang on 3-Mar-2016

- ❖ How to be in surrender yet take responsibility?

Sri Sri: Forget about surrender. Just know that there is one power which is in control of everything. Seasons are not in your control, the earth is moving around the sun it's not in your control, all the planets are moving in their orbits, and they are not in your control. Every element in this planet has its own laws and they function with their own laws, they are not in your control. So there is a natural law, there is a power which is in total control of

everything and it gives some control to you, you can do certain things.

It's like the pilot of the plane is controlling the plane, but inside the plane you can get up and use the washroom and come back, sit or stand, a little freedom is there for you too. In the same way we have our responsibility; we will do that to our optimum. We take responsibility; we do what we need to do. Knowing well that the plane is being piloted by a good pilot. Surrender is not an act. Actually the word surrender has lost all its meaning. Just be aware that there is a bigger mind, bigger Self, bigger intelligence which is at work.

- ❖ How can I have faith in God that He'll take me out of this Maya, especially because He is the one who created the Maya?

Sri Sri: One who has created it only can take you out of it! Time to time observe three things inside of you. Your desires, they come one after another. One gets fulfilled, another comes and some desires don't get fulfilled, still more desires come. Let them come, don't fight with them, just observe, desires are coming, ok and then your likes and dislikes, your intellect, your judgment, that arises, recognize them and then there is, me, me, me, I am happy, I am unhappy, I am miserable, I am too good, I am not so good, all that me, to which you attach many other adjectives, that me is there.

Sometimes you should say, ok for some time let me freeze all the three for a few minutes. Then something happens, that magical moment when it happens, you say wow this is deep rest is what I was always desiring. For this joy that is deep inside me I did all that I could do all my life! Then this awareness, this knowledge just dawns from within you. So time to time you have to sit and say, let me freeze my desire, my intellect and my ego. Just freeze it for a few minutes, 2 seconds, and then the depth of silence, the vastness of peace, suddenly becomes yours.

- ❖ What is the purpose of Sadhana?

Sri Sri: To be yourself. Just to be yourself. See, when the prana level is higher that's when you feel normal, you feel yourself. When the prana level is lower than you feel not so good, upset, angry, dejected. When it's even lower you feel life is not worth living. So prana has to come to its normal level then you feel like a normal human being. When it's a little higher you feel more creative, more enthusiastic, and more joyful and if it's even higher, you realize something much, much deeper, much more different than you thought you are. So Sadhana is meant to increase this energy level in you. Does this happen or not?

When you do Sadhana the prana level goes high? (Yes!) That's what we do this for. If your prana level is constantly high you don't need to do it. That is what is enlightenment, your optimum prana. I remember, an elderly gentleman, about eighty-six years old, this would be something 35 years ago, even before Art of Living, 40 years back, somebody asked Me, 'Are

you tired? You must be tired'. Then that man suddenly said, 'A Yogi will not get tired! Come on!' The 86 year old just burst on that person! That's true. The tiredness is when our senses go outward. The moment the sense start turning inward we are tapping the eternal source of energy.

- ❖ Ages ago the continents used to be one and the culture too. In the World Culture Festival, by bringing all cultures together, what is the purpose? The continents are not going to come back together!

Sri Sri: World's culture need not become one. If it becomes one, it will be a big blunder! World should be diverse. Just imagine the world has only one type of vegetable, you have only carrots. You won't even go to catch it! Who cares when all that you can eat is only carrots or its only potatoes. No, nature loves diversity and it has manifested itself in diverse forms and that should be protected. The diversity in nature must be protected. Culture is also one such gift of nature, nature has brought this multi-cultural things, whether it is food or music, language.

Just imagine all the world people speak only one language. It will be so boring! If everybody looks alike, it will be so boring. See we are so different, from Mongolia to China to Japan, to Australia, Argentina, we are all so different, Africa, we are so different and the cultures, which are so different, when they come together to celebrate, it doesn't have to become one. You have to celebrate the diversity and enhance and honors it. That is what World Culture Festival is all about and all the wars in the world that are fought are to make the world uni-cultural or one religion.

At least in the Middle East, that was the issue, but if you go to the Far East, it is a very different story altogether. You go to Japan, there is a peaceful co-existence. In India, so many different sects are peacefully co-existing. So World Culture Festival is to send a message to the global leaders, to the global communities look we are not just tolerating each other, but we celebrate the diversity. We only tolerate that which we don't like. Whatever is distasteful, we tolerate it and tolerance is considered to be one very big thing! I think tolerance has a very negative connotation. You don't like something so you tolerate it.

World Culture Festival is not about tolerance at all! It is about honoring, celebrating, rejoicing different cultures of the world and one more thing here, if we appreciate another culture that doesn't mean you are losing your own culture. If you appreciate the Chinese culture, it doesn't mean you are losing the Indian culture. If you appreciate Indian culture that doesn't mean you are losing the European culture. So it does not mean that you are losing something. You are only adding more glory. There are beautiful things in different parts of the world. You need to honors, appreciate and make it your own.

- ❖ Please talk about the subtle and unseen aspects of WCF.

Sri Sri: There is a lot. Mysteries cannot be explained. Mysteries will have to be just lived. All that I can say is that there are some very good things that are happening in the subtle, and that is going to benefit the planet. 15-20 years ago no government would ever talk about environment. It was we who were talking about environment, environment, environment and the government was only talking about economy, economy, and economy, but now that is changed.

Few decades ago nobody would talk about happiness, especially the mainstream; they think talking about happiness itself was considered a weird thing to talk about. They would talk about economy, power, but today GDH has become a part of the parameters to see the progress of a country. This is changing the consciousness. 2 billion people participated in World Yoga Day. Can you imagine, a few decades ago one-third of world's population would appreciate yoga? No. The older generation never thought that would happen. Of course, I knew! I can't say I didn't know, it would be wrong, but that was something that was inconceivable.

- ❖ For those who cannot attend World Culture Celebration here in India, how should they celebrate it?

Sri Sri: Participate, log on to the webcast, open your laptop and logon to it and meditate, and do your part of the whole celebration.

- ❖ I have seen so many happy people here chasing after you. I feel I am the only one not connected to you. I need to know that I am connected to you.

Sri Sri: You don't have to emulate what others do. You don't have to run after my car, you don't need to do that. You just be yourself. We are breathing the same air; we are connected with the same sun and deep inside, we are all one. Can you claim this is your air? Or can I claim this is my air? No! My dear, we are all connected.

- ❖ Why is it so that the people who stand up for something have to face the problems and not the ones who just don't bother?

Sri Sri: Well, you keep wondering about it. You know trouble comes when you act. If you don't act also you get troubles, but at a later time. So never mind. Why do you have to look at others? What others are doing and feeling.

- ❖ I have two regrets in life. One, which I am overweight and second, that I couldn't be with the girl that I love the most. Can you please help with the 2nd case? I am already working on the 1st one!

Sri Sri (Laughter) I tell you, you are at the right place! Doing the right thing! When you have gone through all that polishing and you become hollow and empty, you will see it, you will come out of the cocoon as a butterfly! You are at the right place. That's what the knowledge does no? It cleanses our mind. All these clinging's and the cravings and aversions, sorrows and regrets are taken away and makes you feel fresh and alive again.

There have been so many such lives have been on this planet so many times. They did so many things. So many success and so many failures! But from all that we have moved forward, we are going forward – Unblemished, untouched, untarnished. Stronger and Stronger! Just know this; you will only become stronger and stronger. There is no regression. It's only progress.

- ❖ We just got back from the Padayatra. It was an amazing experience. For the first time I'm able to pray for others. Is it possible that I can have this experience after I go back?

Sri Sri: Yes, Yes, Yes. You don't need to neglect your needs and comforts. You can have that and at the same time. The purpose of the Padayatra is that your hearts open and you see that how deeply you are connected with people you don't even know! You don't know their language, they don't know your language, but you still feel that 'Wow! You are so connected'. How many of you felt that?

- ❖ You have followed your path to get enlightened. What should we do to get enlightened?

Sri Sri: Just relax! Fasten your seat belt and just relax. Tell me honestly, how many of you feel that things are happening effortlessly for you? See how many people have raised their hands. If for some of you there is any delay, know that there is only delay. Hold on!

- ❖ Tell us a story from the same time 35 years ago. What was it like for you and what was your vision for the world then?

Sri Sri: In this very ashram, I used to think, 'this ashram is going to be too small' I would say there would be too many people here. At that time there weren't too many people here. They would look at me and think – what is Gurudev talking about? It's very strange. We all have responsibility to the World, to share what we have. That's the only purpose in Art of Living: 'to share'; because we care, right? We care for the planet, we care for the people.

Recently an NGO started saying that we are polluting the River Yamuna and within a week

they went to the tribunal in India saying Art of Living is spoiling the river Yamuna by holding the big convocation, so many people come the environment will be spoiled. I thought this is the biggest joke of the year! 'We' polluting the environment, is the biggest joke! And it's the job of that Tribunal they heard them and they just want some cheap publicity. The Tribunal really reprimanded them.

'What were you doing all these years, when the stage is there, built, everything is done then you come to the court?' And that river, you can't pollute it anymore, it's dead almost, that river has the maximum pollution. No birds come in that area; there are no fishes in the water because all the drains are in it. By the way, when you go there, don't put your feet into the water. The river is so polluted. So our holding that festival, the first day I went you know 'Oh my God' you have to cover your nose, you can't even stand there, you can't breathe, because it smells so bad, but when we started working and about 100,000 homes in Delhi, they prepared Enzymes, they started putting enzymes.

Buffalo started going into the water, no one would even enter the water. Now today the enzymes have cleared a lot of those smell, those odor and the water is somewhat becoming alive again. We have not touched a single tree; we have not brought anything into that land, which was not already there, just flattened it a little bit so that everybody can sit. So these people they just can't tolerate that such a beautiful thing is happening 37,000 artists all over the world will play and this is irritating, some of these people, NGO, not many, just couple of them and they want to get cheap publicity, you oppose something, you get publicity. I said welcome them, it's okay for them to do what they need to go. It's not going to change our program a bit.

We are going to do our program very well and we have obtained all necessary permissions, we have every paper with us correct, we have not violated any laws nor have we polluted the place, because there is no chance to pollute it anymore. It's gone to the peak, it can only be reversed now and that is what is happening.

All different forces on the planet, they all come up with their own strange ideas and the beauty is 'no Art of Living person is perturbed with this, everybody is happily doing their work, putting their 100%, and Delhi is getting ready to receive the world there. Only thing, there are mosquitoes. I have already ordered lot of mosquito repellant; our own Ayurveda has some herbal, non-toxic mosquito repellant so you can all get one. I think by the time we go, there will not be any space for mosquito! The weather is also good, everything is so nice. This is the way in the world, like that in individual life also you wonder how somebody is opposing you? Haven't you wondered? How many of you wondered? Sometimes your best friend, a very good friend of yours, someone very close to you turned against you, you wonder what on earth made this person do what they are doing? You wonder, right?

In the same way, there are people whom you have not done any great help to them or service to them but they turn out to be your best friends! They come to help you out, right? Some unknown person comes to you and helps you when you need. There is a different law

that works in the universe and all these plains, when we know that, nothing can perturb you, nothing will make you unhappy, and when you maintain that inner poise and joy.

56. Sri Sri Ravishankar in yesterday's Satsang

- ❖ How can my meditation affect the world?

Sri Sri: The world is all vibrations and if the vibration is harmonious then there is no conflict and the vibrations we emit has disharmony then it will definitely create disturbance. This is experience. Sometimes you walk into a place and for no reason you get upset and if you really go into it, you will see there have been some arguments happening in that room before you entered. So our life, our behavior, our environment is all affected by the vibrations.

- ❖ Sometimes I doubt my love for you. How can I overcome this?

Sri Sri: Then it is true love but in an infant stage. When you mature then the doubt will disappear.

- ❖ You explained about Sama Veda. Can we learn this?

Sri Sri: It takes a long time to learn Sama Veda, you know. Why not? If that is what you want to do in life, but you should be ready to spend quite a lot of time on a very disciplined life. Get up every day in the morning, 4'o' clock and then sit with your teacher. There will be tough teachers, task masters. It does take quite a bit of time and energy.

- ❖ The first chapter of Bhagavad Gita is called Vishad Yoga. How can Vishada be yoga?

Sri Sri: See yoga is interpreted in three ways. One is union of several herbs; in Ayurveda you call that also yoga. Ayurvedic medicines are often called yoga and then the combination of various planets is also called yoga, it's in Jyotish. Raj yoga, Kaal sarpa yoga, all these terms is used in Jyotish.

Here in Bhagavad Gita, since it is an authority in yoga, it's the union of the small, individual Self to the Cosmic Self and when small Self comes in contact with the Big Self, first it comes with this demand or Vishad Yoga, Vishad means regret. That is how yoga began there, regretting having jumped into the field for war, regretting the state of affairs that one is facing in life. That is Vishad Yoga, I think many people are stuck there.

Often people move into spirituality because there has been some trouble. Some problem

comes they move to spirituality and with Arjun that was the case. He was in deep trouble; he was troubled mentally, challenged physically, so he came to Lord Krishna to find an answer for it.

Bhagavad Gita began with Vishad yoga, but if you see Ashtavakra Gita, it doesn't begin with Vishad Yoga, it begins with Jigyasa Yoga. Janak was a seeker. Here Arjun was a sufferer. Through suffering you go into Yoga. Through seeking you go into Yoga and from suffering Arjun later gets into inquisitiveness, he wants to know more, but with Janka it was pure seeking. It's very interesting, but whatever it is, you see in your life, don't get stuck in Vishada Yoga. You should move from there to Sankhya Yoga. Most people in the planet, they are in the regret state. They are stuck in Vishad Yoga but somewhere you have to reach the twelfth chapter, Bhakti Yoga!

- ❖ Could you speak about how space affects the mind?

Sri Sri: Mind is affected by both time and space, but your Self is more powerful than the mind so it affects the space, the mind, the time, everything! That's why Self-knowledge is everything, glory to Self-knowledge, who knows the Self-knowledge, because it is the answer for all other things. That's why your meditation, your dedication, your focus, has been glorified to the sky; because it can nullify the effect of time and space.

- ❖ You said that knowledge of the outside world is objective and knowledge of the inner world is subjective. How do we know that one is true and we are not falling into illusion?

Sri Sri: That's why you have all these knowledge sessions, meditations. When you feel that you are getting enlightened, be careful! You talk to the teacher and through the teacher you talk to Me, you write to Me and I will tell you if it's an illusion or a reality.

- ❖ Could you speak about how reality seems so real yet it is unreal?

Sri Sri: Best example is your own dreams. When you are dreaming, it looks so real but when you wake up it is unreal. That's it. So easy, why are you throwing me such easy questions? Give me some challenging questions!

- ❖ Today environment and development seem to be opposites. Can they go together?

Sri Sri: Definitely. They 'seem' to be opposites, you said it correctly.

- ❖ You say that youth should be in politics, but most of the youth don't have the funds to participate in elections.

Sri Sri: I will appeal to the Prime Minister that something should be done such that poor people can participate in politics without having to spend so much money. In fact there are already laws that prevent use of money in elections. It is not just the rules and regulations, it is the awareness that we need to create among the people.

We have to go door to door to tell people; do not take money when you are being asked to vote for someone. There is competition, if one gives a Rs.1000 then the other party will also give Rs.1500 and those who go the other way say, don't give money, I don't want to go and vote. That's a really pathetic state. On one side law, on another side, mass awareness needs to be created. We need to create such mass awareness in villages. We have to awaken people in every village, not to take money and sell your vote.

- ❖ Can you speak about the different Devatas and the mantras for each?

Sri Sri: Mantras are vibrations, so are the Devata. So they are related. When Lord Krishna was asked a question, this is what he said 'Daivadinam jagat sarvam, the entire planet, the phenomenon and creation is controlled or managed by them. What you see in the gross is only an effect of what is happening in the subtle. So the gross is controlled by the subtle.

The world is under the domain of the Devas. 'Mantradinam ta devata', Devas are under the control of the mantras. The domain of the mantras are over the Devas. 'Tan mantram Brahmanadinam', one who is living in the Brahman consciousness, one who is centered, one who is totally in the elevated consciousness, the cosmic consciousness, mantras are under that person. That's why mantras are such that you cannot take them from books or anybody, you take it from the Guru. One who is in Knowledge, who has the knowledge of Brahman, and then the mantras work there and it has to go in that tradition.

The Gurus give mantra to somebody and tells the person, you go and give, it has the same effect. You don't think, Gurudev must directly give the mantra, no. Gurudev can give the mantra and through some other people also, direct, indirect. 'Brahmana mama devata', so the Guru, the enlightened, He is my God. That's what Lord Krishna says.

- ❖ I want to come to you when you are passing by but there is mess and crowd. If I am not running to you, does that mean I don't have devotion and love?

Sri Sri: No, no, no. You don't have to copy anyone else's expression or behavior. Wherever you are, I know your heart, I think sometimes better than you do! So you don't need to worry about anything. You be relaxed and keep smiling and just 'be' that's all and keep doing what you need to do and if you feel like coming to me, just come, no problem. My car goes

quite slow and stops when someone stops. I have no control over my journey as well! If someone comes, I have to stop. I have never ignored any person and gone. It's not in my nature. I see and attend to people, as much as I can, physically, but otherwise I do attend to people in other ways also. Other ways are also there. No need for elaborating these things. Some things we should not elaborate, this is one of it. There are many ways you can connect with each other in the subtle. So your smile is good enough! And if you feel like communicating something, you are most welcome. Write it down, send it to me.

- ❖ Where were we before coming to this body?

Sri Sri: Before this question we already did this meditation, right? This is an old question or has it just come? If it has just come, then keep wondering, I won't answer that question. That wonderment itself will one day make you say, 'Wow! Now I know!' So till then, bye!

- ❖ Jesus gave enlightenment to 12 disciples, Buddha gave to many. How many do you plan to?

Sri Sri: I cannot count! I'm not going to count at all, it's beyond count. This time is quite ripe. They were all in tough times. Now, we are all fortunate, we are in a time which is much more congenial for spiritual evolution.

- ❖ Yoga says we are mind, body and soul, but Buddha says there is no soul. Then who is human being? Also I would like to have some guidance to practice unconditional love.

Sri Sri: It's just a matter of saying. If a cup is half full and half empty, someone can say it is half empty, somebody else says it is half full. In Buddha's time, people already has a lot of concept about Self, God, everything. This country was full of philosophers and each and every one of Buddha's disciples for well-read, educated, graduated and great philosopher. So for Him, He has to take this step of nothingness. Everything is nothing that is what He said. To say that it is all nothing, there must be something.

Only something can experience the nothing. If I am saying I am experiencing nothing, then there must be me, to experience nothing. That's what Yoga says. Adi Shankara says that, Buddha says there is no self, 'anaatma', Shankaracharya says, 'aatmavaad'. They appear to be completely opposite, but they lead to the same thing and that same one thing is the heart sutra that is love, unconditional love. Don't look for it, don't seek it, and don't try to experience it. It is beyond experience. It is the existence. So you must simply assume, you are in unconditional love, that's it, period. Don't question it anymore.

- ❖ When our sense enjoys something, does our 'atman' (soul) also enjoy at the same time?

Sri Sri: The sensory enjoyments are a natural phenomenon. It drains you, because it takes your mind outside, but the enjoyment of the 'atman' is when the senses turn inward. In activity you enjoy a thing that has its value, but there you have to spend, spend energy, but when the senses turn inward, there is another enjoyment that is the enjoyment of deep rest. That is the 'ananda' of 'atman'. If you compare the joy of the sense to a candle and the joy of intellect, you compare to torchlight, the joy of self is sunlight! They need not be contradictory to each other, but sometimes when you are stuck with only one thing, then you are unable to look at the bigger picture. For that you need energy.

- ❖ What do we do when we feel pain in the heart due to longing?

Sri Sri: Longing can create music, it can create poems, it can create prose, it can bring wisdom, it can bring lot of creativity. Longing can be a catalyst for creativity. Longing can make you do a lot of good things.

57. Sri Sri Ravishankar in yesterday's Satsang

- ❖ What is the skill of conflict resolution?

Sri Sri: You want to know? You can find a way. The moment you realized I am biased, you are already out of it. In the present moment we are innocent, we are out of whatever the past was. You shouldn't sit and analyze yourself too much. I think you have too much free time. If you are busy, where is the time? Action is spontaneous. Sometimes you'll do the wrong thing and you will bear the consequence and then move out of it.

- ❖ How to do action with devotion?

Sri Sri: Take it for granted you have devotion. Keep aside all "should, musts and everything". Just be natural and you have that, you already have that. When you are on the path it's there ingrained in you. Love is your nature; you can never be out of it.

Devotion is nothing but exalted love or love in its pure form, it's there and if you think you don't have it and try to have it, it's not going to happen. You are unnecessarily putting yourself into hardship. It is already there! You are inside the house and you are saying, 'I want to go home! I want to go home!' My dear, wake up and see you are at home!

What do you tell someone who roams from room to room and keeps chanting 'I want to go home'. I think they have fever, someone has to give them a slap and say, 'Come on, you are at home, realize that'. Someone has a hallucination, they don't know. They say 'I want to

reach home' sitting on their own bed and this is what most people do. You have to say, 'Come on, you are at home, relax'.

- ❖ What is the essence of Vedas?

Sri Sri: Vedas themselves are the essence of creation. All that is in creation, present, past and future, is present in seed form in the Vedas. Don't ask me, what the essence of essence is! Vedas are called the essence. It's multi-faceted with multi-dimensional essence of the existence.

- ❖ Today science has found that gravitation is also a wave. Could you speak about what the Vedas say about gravitation and matter?

Sri Sri: Matter and energy are the same. Matter is an illusion but energy is the reality, this is what the Vedas say. If there is some reality, it is just the energy. The matter is only appearing it has no separate existence from energy. That's why it is said, 'Brahman' is the energy, and 'jagat' is the form, name and form. Name and form of matter is temporary and what is eternal is the energy.

- ❖ In the Indian Astrology, it talks about the nine planets. How the Sun and Moon are called planets? Is this scientific?

Sri Sri: Well, what they call planet it is just the energy. Sun definitely affects the Earth, Moon also affects it. Though moon is just a reflection of the Sun but Moon's energy affects the water, affects the mind, it is scientifically known. That is why if someone goes crazy they are called lunatic, connected with Luna, means Moon.

Mind is connected with Moon. It is just the connection of microcosm and macrocosm; don't think of it as a physical planet but as a cosmic energy that somewhere and somehow related to these planetary positions, that is what is mentioned in it. So macrocosm and microcosm, they are linked very intimately.

Certain vibrations, certain bio-dynamic energies are related to even birds and the planets and the grains and the parts of our body. Like Saturn energy is connected with crow. There must have been tremendous research done sometime in the past and it invites people in the future to find out more about it. The vibration in the crow and Saturn and the sesame seed and the teeth in the human body are all connected. Similarly, goat, Mars and chickpeas and your liver are connected.

One thing we know for sure that chickpeas and our liver are connected and we know that for hair, nail and teeth, sesame seeds have something that definitely helps, sesame oil helps. If

you have some mouth disease, in Ayurveda, you take some sesame oil and gargle with it and it helps your mouth, ulcers in the mouth and other dental problems. So there seems to be a very deep study done some time in the past or out of some intuitive awareness they have written all this and it throws a challenge to the scientists to look into this, prove or disprove it. If you think it is wrong you have to disprove it and if you think it is right then also you need to prove it. So this challenge is in front of you. Isn't it interesting how the hair, nail, teeth, all this is connected.

Of course everything is connected to everything else, but some are more direct than others. Specific herbs affect specific parts of our body. This material medica, which they have sung thousands of years ago in the Vedas, they have sung it in the form of poetry. The only material medica in the planet, which is in the form of poems, is Ayurveda! It's easy to memorize these poems and that's how people used to learn and become doctors, Ayurvedic doctors, they had to memorize it, which herb affects which organs. It's so nice to listen to this poetry. It's amazing to see all this is in the poetic world. Poems come from deep inside, from an unknown corner of our consciousness and that's why this knowledge is based more on our intuition and something which is out of intuition is always correct.

❖ How to be independent of the currency system?

Sri Sri: How can you be independent of the currency system? It's really impossible. I don't know! Everything is connected to currency, right? If you are a farmer, you can grow your food, even then if you have to buy manure, sell the food; for all that you are dependent on the currency system and the market. All that I would say is people who are managing this world economic scenario, they should be more compassionate, and they should have a heart. They should not be cutthroat business people who just worry about their own wallet and not care for the world or the people on the planet. The games these people play in the world scenario is pathetic. There are sincere people, but I am sure there are many who are not sincere, who have vested interests and that is causing heavily on the planet.

❖ Is there lack of responsibility in surrender?

Sri Sri: No. Surrender and take full responsibility and when you take responsibility, then you surrender. Both should go together. How? Like how you watch and listen to television at the same time. If you are in surrender, then take full responsibility and if you take responsibility then know that there is some power behind it and surrender to it, pray for strength to fulfill the responsibility. There is no conflict between responsibility and surrender, between sankalpa (intention) and surrender. In fact if these two go together then both can be fulfilled. Surrender cannot happen without sankalpa and without surrender, sankalpa cannot be complete.

- ❖ If a Guru has expectations from his disciple, what is it?

Sri Sri: You take it as whatever you want. There should sincerity, sankalpa, surrender, whatever we have spoken about, all of it. There should be a thirst for knowledge. Actually a Guru has no expectation. It's like the principal of a school knows that there students in the primary, nursery, 1st standard, 2nd standard. If someone asks him what he expects from all the children, what will he say? Everyone should come to their class on time and learn with sincerity, that's what he will say. He will not expect the children in primary to recite 5th standard poetry!

58. Sri Sri Ravishankar in yesterday's Satsang on 26-Jan-2016

- ❖ On the occasion of Republic Day, what is the message for the youth of the country?

Sri Sri: Unite, be an entrepreneur and think for the betterment of our society.

- ❖ There still seems to be division with our states. What can be the solution?

Sri Sri: I wouldn't say division. There is one way to see it as division, there is another way to see it as diversity. Our country is full of diversity.

- ❖ If there is devotion, is there still a need for a Guru?

Sri Sri: If there is a need for this question, then you yourself have given an answer to your question! The moment you asked the question, you have answered it as well. Did you get it? No? Think about it. Some people say, I am not a Guru and some people say I don't need a Guru. It's like saying I need medicine but I am not a patient and someone says I will give medicine but I am not a doctor. What will you call them both? Mad!

- ❖ How can one remove the darkness inside?

Sri Sri: Through knowledge and devotion.

- ❖ If this world has been made by God then why he made things like sin and terrorism?

Sri Sri: You ask any Bollywood director, why he has made a villain and a hero. The director of this creation is fun loving person! He is filled with juice. So this creation is also filled with juice, there all different types of flavours. If you see any classical dance, it has 'nav rasa', nine different emotions. If these 'nav rasa' are depicted in a skilled way, then the artist is

considered to be accomplished, a complete artist. In the same way, the world is also filled with 'rasa', but if you are dispassionate about it, there is intelligence in that.

❖ Is Vairagya (dispassion) necessary for Yoga?

Sri Sri: You cannot sleep without Vairagya! Vairagya doesn't mean leaving everything and running away and hiding in a cave in Himalayas! No, no. Vairagya means the ability to rest. Till the time you carry and hold on to your desires, you cannot rest. At night when sleep, don't you drop everything and sleep? Else you will not get sleep. Insomniacs have no Vairagya in them. If you are able to sleep well, and then know that you have some Vairagya in you and if you have achieved the ability to smile in every situation then you have Vairagya in you, without it you will not be able to smile. If you are able to let go of the past and move ahead then you have attained the Vairagya, it is only then can you move ahead. If you have attained the art of living in the present moment, the knowledge to be happy at all times, and then knows that you have attained Vairagya too.

❖ Why does Lord Brahma have only one temple?

Sri Sri: Well, his work is done so nobody asks for Him! Krishna and Shiva still have work to do. People are afraid of Shiva, He may bring pralay any time, so they please Him and Lord Vishnu has to make everything happen for everyone. Well, that is not the case! Brahm means that in which everything exists that is Brahm. There should be no confusion between Brahm and Brahma. There is no temple for Para Brahm, why? Every person is its temple. Every tree, plant, animals and birds is a temple of Para Brahm. When there is no form of Para Brahma, it is present in everything and is like the sky, and it has no temple, then if there is a temple for Brahma, people may get confused between the two. For that reason our ancestors did not make temples for Brahma, it was enough to make a temple for two of them (Vishnu and Shiva)!

Actually if you look at it, there was no tradition of temples at all in the ancient times. There was a tradition of 'havan' fire offerings, and invoking the energies into water through mantras. Recently there has been a research article in Germany, where took a photograph of a drop of water. They asked different people to place different drops of water on glass and took photographs. All the photographs were different and they came to the conclusion that water has memory. The person, who comes in contact with water, leaves his impression on the water.

Our ancient saints knew this and they would bless the water. They would keep water with them and they would use it to give a boon or a curse. When we take Sankalpa we do it through water. Even today there is a custom in Sindhis, when I visit Hong Kong or Jakarta where there are many Sinshis, there they all come to meet Me with a bottle of water each, asking the water to be blessed. In the ancient times the Rishis would energize the water

through mantras and use it to bless people which would affect the water and when you drink that it has an impact on us. 60%-70% our body is made up of water, if we take out air, water and space from our body we can fit it into a matchbox, only that much material is there in the body. Rest is all water. Then they did a lot of experiments.

We honor the River Ganges, why? Because for thousands of years, people have observed penance on the banks of the river and they have left their impressions of their tapasya in the water that is why rivers have always been of great significance in our country. So you don't have to think about why Brahma has a temple or not, know that your mind is a temple and what you are looking for is inside you and in your form. That is the importance of meditation.



|| JAI GURUDEV ||

